DOCUMENT RESUME

ED 337 431 SP 033 301

AUTHOR Greenberg, Jerrold S.; Dintiman, George B.
TITLE College Student Self-Care Diary.
INSTITUTION American Alliance for Health, Physical Education, and Recreation, Washington, D.C. Association for the Advancement of Health Education.
REPORT NO ISBN-0-88314-501-4
PUB DATE 91
NOTE 67p.
AVAILABLE FROM AAHPERD, Publications Sales, 1900 Association Drive, Reston, VA 22091.
PUB TYPE Guides - Classroom Use - Instructional Materials (For Learner) (051)

EDRS PRICE MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS Behavior Change; *College Students; *Diaries; *Health Education; *Health Materials; Higher Education; *Physical Fitness; Preventive Medicine; *Self Care Skills

ABSTRACT

The purpose of this docoment is to help college students maintain health by keeping a weekly diary of health related behaviors including diet, exercise, and stress levels. In addition each weekly entry presents a self-care tip for health improvement. Discussions of the college student and health, health and lifestyle, instructions on use of the diary, a sample week's entry, and techniques for changing behavior are included. Self-care tips deal with: when and how to be your own doctor, sexually transmitted diseases, skin aging and skin cancer, preventing dental caries, personal exercise programs, time management, fertility control, nutritional myths, managing anxiety, cardiorespiratory fitness, testes and breast self-examination, managing cholesterol, preventing fitness injury, relaxation techniques, preventing osteoporosis, nutrition and cancer prevention, self-assertion, and a sensible approach to weight control. The final section offers toll-free numbers for health information, an exercise activity chart, a calorie chart and guide to nutritive value, and a list of common injuries and their treatment. (LL)

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COLLEGE STUDENT SELF-CARE DIARY

Jerrold S. Greenberg

George B. Dintiman

U.S. DEPARTMENT OF EDUCATION
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COLLEGE STUDENT SELF-CARE DIARY

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Association for the Advancement of Health Education
An association of the
American Alliance for Health, Physical Education, Recreation and Dance

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American Alliance for Health, Physical Education, Recreation and Dance
1900 Association Drive, Reston, VA 22091

ISBN 0-88314-501-4

PURPOSES OF THE AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

The American Alliance is an educational organization, structured for the purposes of supporting, encouraging, and providing assistance to member groups and their personnel throughout the nation as they seek to initiate, develop, and conduct programs in health, leisure, and movement-related activities for the enrichment of human life.

Alliance objectives include:

1. Professional growth and development—to support, encourage, and provide guidance in the development and conduct of programs in health, leisure, and movement-related activities which are based on the needs, interests, and inherent capacities of the individual in today's society.

2. Communication—to facilitate public and professional understanding and appreciation of the importance and value of health, leisure, and movement-related activities as they contribute toward human well-being.

3. Research—to encourage and facilitate research which will enrich the depth and scope of health, leisure, and movement-related activities; and to disseminate the findings to the profession and other interested and concerned publics.

4. Standards and guidelines—to further the continuous development and evaluation of standards within the profession for personnel and programs in health, leisure, and movement-related activities.

5. Public affairs—to coordinate and administer a planned program of professional, public, and governmental relations that will improve education in areas of health, leisure, and movement-related activities.

6. To conduct such other activities as shall be approved by the Board of Governors and the Alliance Assembly, provided that the Alliance shall not engage in any activity which would be inconsistent with the status of an educational and charitable organization as defined in Section 501(c)(3) of the Internal Revenue Code of 1954 or any successor provision thereto, and none of the said purposes shall at any time be deemed or construed to be purposes other than the public benefit purposes and objectives consistent with such educational and charitable status.

Bylaws, Article III

Association for the Advancement of Health Education
1900 Association Drive
Reston, Virginia 22091
(703) 476-3437

MISSION STATEMENT

The mission of the Association for the Advancement of Health Education (AAHE) is to advance health by encouraging, supporting, and assisting health professionals concerned with health promotion through education and other systematic strategies.

PURPOSES AND OBJECTIVES

The basic purpose of AAHE shall be to promote the advancement of health education by providing a focal structure for the encouragement, support and assistance of persons interested in concentrating their professional efforts on the improvement of health through the development and conduct of effective health education programs in educational institutions and other community settings.

In fulfilling the above stated purposes, AAHE seeks to:

1. Provide information, resources, and services regarding health education to professionals and the lay public.

2. Enhance a public awareness of the nature and purposes of health education.

3. Enlist support in the development, implementation, and evaluation of health education programs.

4. Foster the development and program implementation of the philosophical basis of health education practices.

5. Promote and interpret research relating to school and community health education.

6. Promulgate criteria, guidelines, and evaluation procedures for assessing the effectiveness of preservice, inservice, and continuing professional education of health education personnel.

7. Determine curriculum needs and assist in the development and mobilization of resources for effective health education at all levels of education.

8. Facilitate communication between school and community personnel, and between professionals and the lay public, with respect to current health education principles, problems, and practices.

9. Provide leadership in establishing program policies criteria and evaluative procedures that will promote effective health education programs.

10. Inform the membership of current and pending legislation related to AAHE interests and, upon request, provide professional and technical assistance in drafting pertinent legislation and related guidelines.

11. Maintain effective liaison with other national health education organizations.

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THE COLLEGE STUDENT AND HEALTH

HEADLINES:

Suicide is the second leading cause of death among college students.

More students drop out of school because of stress related factors than flunk out.

College students, because over 50 percent are sexually active with multiple partners, need to be concerned about acquiring AIDS and other sexually transmitted diseases.

Alcohol abuse is prevalent on college campuses and may cause fights and vandalism.

Because of close living arrangements, college students are susceptible to communicable diseases such as mononucleosis and measles.

As a college student, these headlines are not unfamiliar to you. In fact, if you haven't personally been affected by these conditions, you most likely know someone who has. Unfortunately, the conditions described above are not just disturbing; they are unhealthy and may even be life-threatening! They can lead to physical diseases such as migraine and tension headaches or ulcers; and they can lead to nonphysical conditions such as anger, frustration, inability to produce quality school work, or poor relationships with roommates and friends.

However, this need not be the case. You can maintain your good health and also enjoy your college years—in fact, probably enjoy them more than if you neglected your health and paid the price for that neglect. The purpose of this diary is to help you maintain your health by helping you keep a record of your health related behaviors—in particular, the foods you eat, the exercise you get, and the stress you encounter. In addition, each week we present a Self-Care Tip—something you can do for yourself that will improve your health.

To begin, the next section describes the reason why monitoring your health behavior is so important. Come, take this next step with us on our journey to an improved quality of life through health self-care.

HEALTH AND LIFESTYLE

Some time ago, federal and state governments could pass laws that had a major impact on our health. That was because the major causes of death at that time were the *communicable* diseases—those that people and/or their waste products passed on to other people. In 1900, for example, people were dying from tuberculosis; pneumonia and influenza; and enteritis, gastritis, and colitis. Consequently, laws related to quarantine, sewage and waste disposal, inoculation, and food and water sanitation had a major impact on the health of Americans.

The situation nowadays is quite different. Today the major causes of premature death are *noncommunicable* diseases, that is, diseases that result from lifestyle behaviors and usually take a long time to develop. Today people are dying from heart disease, cancer, and stroke. Table 1 presents the contrast in the causes of death among Americans from 1900 to the present time.

No longer will governmental edict have such major impact on our health. Rather, major impact can only be achieved by each of us assuming responsibility for our *own* health by adopting healthy behaviors (for example, exercising regularly) and giving up unhealthy ones (for example, cigarette smoking). The purpose of this diary is to provide a record of your health-related behavior so you can determine which of these behaviors need changing and to help you commit yourself to that change.

TABLE 1:
LEADING CAUSES OF DEATH IN THE UNITED STATES: 1900 AND TODAY

1900	Today
1. Tuberculosis	1. Heart disease
2. Pneumonia and influenza	2. Cancer
3. Enteritis, gastritis, and colitis	3. Stroke
4. Diseases of the heart	4. Accidents
5. Stroke or apoplexy	5. Chronic lung disease
6. Kidney diseases	6. Pneumonia and influenza
7. Accidents	7. Diabetes mellitus
8. Cancer	8. Cirrhosis of the liver
9. Diseases of early infancy	9. Arteriosclerosis
10. Diphtheria	10. Suicide

Source: National Center for Health Statistics.

HOW TO USE THIS DIARY

This diary contains many pointers to help you become healthier. Throughout we will encourage you to behave consistent with good health practice by prodding you with questions, presenting reminders, and engaging you in numerous introspective activities. Having no pride whatsoever, and pleading sincerity of purpose, we will even try to embarrass you into acting in ways that will result in your living a long, healthy, and satisfying life.

The Daily Boxes

To achieve these results you need to follow our suggestions. To begin, complete the daily boxes that ask about your eating, exercise, and stress-related behaviors. These boxes can be reviewed to determine whether you have been eating nutritionally, exercising regularly and in a healthy manner, and effectively managing the stress in your life. If you *only* ate as the experts recommend, you could decrease your chances of getting cancer, heart disease, high blood pressure, stroke, diabetes, and numerous other illnesses. If you *only* exercised regularly, you could decrease your chances of contracting heart disease, high blood pressure, stroke, diabetes, mental illness, back and shoulder and neck pain, and numerous other conditions. If you *only* managed the stress in your life well, you could prevent migraine and tension headaches, backaches, heart disease, diabetes, some cancers, rheumatoid arthritis, ulcers, high blood pressure, depression, and numerous other conditions. Imagine the effect of doing all three—that is, eating well, exercising properly, and managing stress well!

The daily boxes encourage you to consider whether you have eaten foods from each of the important food categories—*place a check alongside those categories you have eaten.* And daily use of the boxes will help you determine whether you are eating an amount of foods that will result in a weight gain, a weight loss, or maintenance of the weight you are now at. *Write the amount of calories you expend and the amount you ingest each day using the table presented on pages 52-56.* The boxes also encourage you to exercise regularly and in a manner such that you will derive benefit rather than injury. *Write in the type of exercise you do each day, for how long you do it, and how fast your heart beats while you are exercising.* And, to help you determine what causes you stress, *fill in the stressors where called for;* how you attempt to cope or manage these stressors—*fill in that information where it is requested;* and which relaxation techniques you use—*again, write in the relaxation techniques you use where that information is requested.*

The Adjustments Planned Section

Once you've completed the daily boxes, you will be able to decide which of your behaviors need changing. At that point, you should choose the particular behavior you want to work on the following week and the specific change you will aim for. For example, you may find that you have been ingesting too many calories. That finding may lead you to want to reduce your caloric intake the next week to an average of 1700 calories per day. When you've made that decision, write the behavior in the *Adjustments Planned* section, being sure to include your *specific* goal. At the end of the next week, check back over the daily boxes to see whether you have met the goal you set for yourself the previous week. The result will be an on-going behavioral improvement that can only lead to a healthier and more satisfied you.

SAMPLE WEEK'S ENTRY

WEEK OF: _____

SELF-CARE TIP:

ALCOHOL

One of the most pervasive drugs on college campuses is alcohol. Irresponsible use of alcohol can cause fighting, vandalism, and automobile accidents. The following are ways in which you can control your use of alcohol and help others on your campus control theirs:

1. Use alcohol as an adjunct to an activity rather than the primary purpose.That is, the purpose of the party ought to be to celebrate something rather than to get drunk.
2. Set a predetermined limit on the number of drinks you will have.
3. Each person reacts somewhat differently to alcohol. Know your limit for alcohol and stick to it.
4. Respect a person who chooses not to drink. Don't try to influence that person to drink alcohol.
5. Provide alternative beverages at your party. Soft drinks and fruit punches ("unspiked") can be used.
6. Serve food if alcoholic beverages are available. The food will help people to remain sober.
7. Show displeasure to someone who has drunk too much.
8. Do not be insistent about refilling or refreshing someone's drink.
9. Take a taxi, ask for a ride, or stay over at a friend's if you are in no condition to drive, and insist that others do the same.
10. Choose someone as the "designated driver" who does not drink. You can switch at the next party where alcohol is served.
11. Make sure that alcohol is not used with other drugs unless approved by a health care provider.
12. Do not serve salty foods with alcohol. The salt will encourage drinking.
13. Treat alcohol as the "drug" that it is. As with all drugs, do not use it incorrectly or you can expect disturbing "side effects."

Sunday

NUTRITION:
Foods Eaten —
✓ Bread/Cereal
✓ Fruits/Veg.
✓ Protein
✓ Milk Products
✓ Water
_____ Snacks

EXERCISE:
Type Tennis
Duration Two hours
Heart Rate 101

Calories:
In 2950 Out 2275
Difference: (+/-) + 675

STRESS:
Stressors Shopping, Spent too much money
Coping Selective Awareness -- Enjoy purchases.
Relax. Tech. None today except watched T.V.

Monday

NUTRITION:
Foods Eaten —
✓ Bread/Cereal
✓ Fruits/Veg.
✓ Protein
✓ Milk Products
✓ Water
✓ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In 1850 Out 1900
Difference: (+/-) - 50

STRESS:
Stressors Studied for important test, no lunch
Coping Went to library to study, got snack from machine
Relax. Tech. No time for one today

Tuesday

NUTRITION:
Foods Eaten —
- ✓ Bread/Cereal
- ___ Fruits/Veg.
- ✓ Protein
- ✓ Milk Products
- ✓ Water
- ___ Snacks

EXERCISE:
Type Basketball
Duration 1½ hours
Heart Rate 130

Calories:
In 2300 Out 2900
Difference: (+/-) -600

STRESS:
Stressors Woke up late for class, argued with roommate
Coping Cut class but got the notes, apologized to roommate
Relax. Tech. Listened to music, meditated

Friday

NUTRITION:
Foods Eaten —
- ___ Bread/Cereal
- ✓ Fruits/Veg.
- ✓ Protein
- ___ Milk Products
- ✓ Water
- ✓ Snacks

EXERCISE:
Type Jogging
Duration 30 min
Heart Rate 123

Calories:
In 1900 Out 2600
Difference: (+/-) -700

STRESS:
Stressors No time for lunch, traffic jam
Coping Had favorite food for dinner
Relax. Hot bath

Wednesday

NUTRITION:
Foods Eaten —
- ✓ Bread/Cereal
- ___ Fruits/Veg.
- ✓ Protein
- ✓ Milk Products
- ✓ Water
- ✓ Snacks

EXERCISE:
Type none
Duration ___
Heart Rate ___

Calories:
In 2600 Out 1900
Difference: (+/-) +700

STRESS:
Stressors argued with Professor, Late for Class
Coping Took deep breaths
Relax. Tech. Meditated

Saturday

NUTRITION:
Foods Eaten —
- ✓ Bread/Cereal
- ✓ Fruits/Veg.
- ✓ Protein
- ✓ Milk Products
- ✓ Water
- ✓ Snacks

EXERCISE:
Type Tennis
Duration One hour
Heart Rate 95

Calories:
In 3100 Out 2300
Difference: (+/-) +800

STRESS:
Stressors Argued with friend, not enough sleep
Coping Friend went home early
Relax. Massage

Thursday

NUTRITION:
Foods Eaten —
- ✓ Bread/Cereal
- ✓ Fruits/Veg.
- ✓ Protein
- ✓ Milk Products
- ✓ Water
- ✓ Snacks

EXERCISE:
Type Jogging
Duration 30 min
Heart Rate 120

Calories:
In 2800 Out 2400
Difference: (+/-) +400

STRESS:
Stressors Too much work, flat tire
Coping Took work home, called AAA
Relax. Tech. Went for a walk

ADJUSTMENTS PLANNED:
1) I will eat fewer snacks and take in fewer calories.
2) I'll also maintain my exercise level.
3) Since the meditation seemed to work best to relax me, I'll meditate at least 3 days.
4) Basketball gives me a better workout both in terms of my heart and in using up calories. Therefore I'll play basketball at least 3 days.
5) I'll average 7 hours of sleep a night.

TECHNIQUES FOR CHANGING BEHAVIOR

Deciding a particular behavior of yours needs changing is only part of the battle. The more difficult part for most people is to actually change that behavior. And yet, there are many effective behavior change techniques that could help if people only knew about them. Some of the more effective of these are listed below:

Social Support

Get another person who is close and important to you to encourage and help you. That person should periodically ask how you're doing, congratulate you or reward you if you're doing well, or work with you to adjust your goals or activities as necessary.

Contracting

Make a specific agreement with yourself or others. The contract should call for a specific behavior change (for example, average only ten cigarettes a day this week), have a specific deadline, and specify rewards for achieving the goal and punishments for not achieving it.

Reminder Systems

Make notes to remember your behavior goal. Leave notes on the doors of the bathroom or refrigerator or on the bathroom mirror.

Gradual Reduction

Reduce the unhealthy behavior over a period of time. For example, rather than decide to quit smoking all at once, set a goal of smoking half a pack a day this week, one-quarter of a pack a day next week, and no cigarettes the following week.

Tailoring

Adjust a behavior change to your own lifestyle, limitations, and goals. For example, if you prefer solitary or individual activities, an exercise program of football playing would be inappropriate. Jogging would be a better exercise choice. Make the program fit you.

Professional Help

Enroll in classes, join clubs or spas, or participate in diet clubs *conducted by professionals,* for instance, to acquire the necessary information and help in meeting your behavior goals.

Chaining

Make it difficult to try to perform a behavior you are trying to give up, or make it easy to participate in a behavior you are trying to adopt. Behaviors are often made up of a number of behaviors, like links in a chain. Thus, if you add links, it becomes less likely you'll perform the behavior; and if you remove links it becomes more likely you'll perform the behavior. For example, assume you want to stop drinking beer. If you place your bottle of beer in a sock, wrap masking tape around the sock, put the sock in a locked cabinet, and keep the key to the cabinet in another room, you'd be less likely to drink that can of beer—especially if you had to wait to chill it. Conversely, imagine you want to exercise more. If you place all your exercise clothes on your bed before leaving for school, it will be easier for you to exercise later than if you first have to gather your clothes after classes.

Covert Techniques

Think about changing behavior. As surprising as it may sound, just imagining behaving in a certain way has been shown to help change behavior. There are several techniques to help with this imagination. *Covert rehearsal* requires you use an extremely vivid image of yourself performing the behavior—an image so vivid that you smell the atmosphere, hear the sounds, pay attention to all the surroundings, and so on. *Covert modeling* is used when the behavior is so foreign to you that you can't imagine yourself performing it (for example, if you never were physically active, you might not be able to envision yourself exercising). In this instance, you would first vividly imagine someone else you know engaging in the behavior—someone to whom this behavior is not so foreign. Then you would substitute yourself for that person, imagining yourself doing exactly what you imagined the other person doing. *Covert reinforcement* is rewarding yourself for being able to imagine behaving as you would like to behave. You can reward yourself with a few minutes of thinking of a pleasant image (for example, a day at the beach) or a few minutes of relaxation.

WEEK OF: _____

SELF-CARE TIP:

WHEN AND HOW TO BE YOUR OWN DOCTOR

Self-care skills require you to learn about your body, monitor bodily functions, and determine when and how to use medical resources. An important part of self-care includes learning about the symptoms of common complaints and knowing when to treat yourself and when to seek help from medical practitioners. It is also important to keep records which include some baseline data such as resting heart rate; blood pressure; body weight and fat; self-exams: breast, testicular, skin; diseases; and medical visits. Careful observation of your body will help you decide whether to see a physician for diagnosis. Consider these suggestions:

1. Learn to take accurate temperature readings.
2. Learn to count your pulse rate accurately using the carotid or radial pulse.
3. Learn and use the breast (for women), testicular (for men), and skin self-exams.
4. Weigh yourself at least monthly at the same time of day and under the same conditions.
5. Learn to take and analyze blood pressure.
6. Learn what a healthy throat looks like so you can recognize the symptoms of a problem. Inflammation, swelling, and white or yellow patches at the back of the throat are all indicators of infection.
7. Learn to recognize eye problems and pain that may be caused by an injury, disease, or just tired eyes.

A visit to your doctor is indicated when any of the following occurs:

1. Oral temperature above 101° F.
2. Severe pain that is persistent or recurrent.
3. Abdominal pain persisting for more than three hours or accompanied by nausea.
4. Repeated digestive upset.
5. Fatigue over a long period with no apparent cause.
6. Unanticipated weight loss or gain.
7. Dizziness or fainting.
8. Bleeding without apparent injury.
9. Personality changes without any apparent explanation.
10. Any of the seven warning signs of cancer.
11. Headache persisting for more than one day.
12. Joint pain persisting for more than a few days.
13. Shortness of breath.
14. Unusual discharge from some body part.

Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Coping_____
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Relax. Tech. _____
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Coping_____
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Relax. Tech. _____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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ADJUSTMENTS PLANNED:

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WEEK OF: _____

SELF-CARE TIP:

SEXUALLY TRANSMITTED DISEASES

Several diseases are predominantly contracted through sexual activity. These are called sexually transmitted diseases (STDs). They include gonorrhea, syphilis, chlamydia, nongonococcal urethritis, herpes genitalis, genital warts, and acquired immune deficiency syndrome (AIDS). In addition, less well-known sexually transmitted diseases include trichomoniasis (trick), moniliasis, pubic lice, and scabies.

Each of these diseases may have different signs and symptoms. However, if you experience any of the following, you should consult with a physician immediately:

1. Frequent or painful urination.
2. A discharge of pus from the penis or vagina.
3. Tenderness and/or swelling in the groin area.
4. Sores, bumps, blisters, or rashes on the genitals.
5. Pain in the abdomen.
6. Itching in the groin area.
7. Fever.
8. Extreme fatigue and/or an increase in the number of infections and other illnesses.

Some protection from STDs is provided by using a condom during intercourse. However, abstinence remains the most effective way to prevent contracting a sexually transmitted disease.

Many of the STDs can be adequately cured with antibiotics. Others can usually be controlled, if not actually cured, by various medications. Unfortunately, there is presently no cure for the terminal disease AIDS.

Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Relax. Tech. _____
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Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Relax. Tech. _____
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Coping_____
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Relax. Tech. _____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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ADJUSTMENTS PLANNED:

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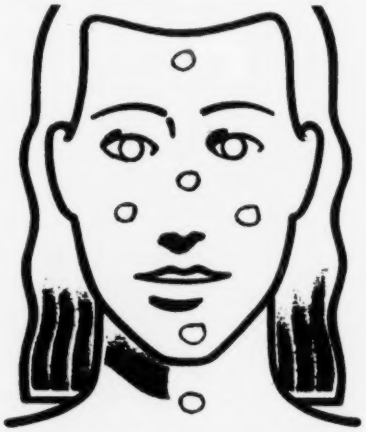
WEEK OF: _____

SELF-CARE TIP:

SKIN AGING AND SKIN CANCER

Your lifestyle as a college student plays a major role in determining how fast your skin ages and how likely you are to develop skin cancer. No magic cosmetic product can prevent skin aging or make aging skin youthful again. Only *you* can protect your skin, prevent skin cancer, and delay the skin aging process by adopting these simple behaviors throughout your life:

1. Identify your skin type—Type I (always burns, never tans, fair with red or blond hair) and Type II (burns easily, tans minimally) require a high skin protection factor (SPF) of 29-39; Type III (sometimes burns, gradually tans) and Type IV (minimum burning, always tans) require an SPF of 15 or greater; and Type V (very seldom burns) and VI (never burns) need an SPF of at least 8.
2. Begin a regular self-examination program—Examine your body monthly after a bath or shower, using a full-length mirror and a hand mirror.
3. Learn the ABCDs of melanoma—A–Asymmetry: one half of a mole doesn't match the other half; B–Border irregularity: edges of a mole ragged, notched, or blurred; C–Color: Pigmentation not uniform; D–Diameter: mole larger than the size of a pencil eraser or other growth the size of a mole. Other warning signs include changes in the surface of a mole (scaliness, oozing, bleeding, or increase in elevation or thickness), spread of pigment from the border into surrounding skin, and a change in sensation in the area such as itchiness and tenderness or pain.
4. Select and use a UVB and UVA skin protection product—Sunscreens labeled "broad spectrum" provide protection from both UVB and UVA rays.
5. Apply a generous amount of sunscreen to your face (cheeks, nose, forehead, chin, neck, arms, and hands)—Avoid any makeup for 5-10 minutes until the sunscreen is dry.
6. Limit your sun exposure even with a sunscreen and avoid mid-day sun (10:00 - 2:00).
7. Avoid baby oil or a metal reflector to increase tanning.
8. Wear protective clothing when forced to remain outside for long periods of time (hat with visor, shirt, long pants).
9. Avoid the use of tanning salons.
10. Avoid smoking—The repeated sucking motion and the restriction of blood flow to the skin caused by nicotine contributes to wrinkling. When smoking is combined with sun exposure, the aging is more pronounced.
11. Exercise regularly and eat a balanced diet.
12. Change to oil-based make-up products after the age of 30—Extra moisture is needed as time passes.



Easy six-point daily application method for skin protection of face.

Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Relax. Tech. _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
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Difference: (+/-)_____

STRESS:
Stressors_____
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Relax. Tech. _____
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Coping_____
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Relax. Tech. _____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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ADJUSTMENTS PLANNED:

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WEEK OF: _____

SELF-CARE TIP:

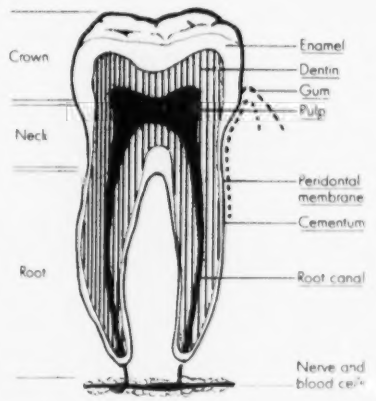
PREVENTING DENTAL CARIES

Although the incidence of dental caries has been reduced by one-third, it is still a serious problem in the United States. Bacteria are present in the mouth and on the teeth at all times waiting to grab onto *fermentable carbohydrate* (practically all the carbohydrate we eat, not just sugar) and break it down into organic acids. These bacteria in the presence of fermentable carbohydrate over time produce acid that attacks the enamel of the teeth and causes decay.

Acid works on the enamel for 15-20 minutes after food is eaten. Three meals, plus two or three snacks, can produce two hours of "acid attack" daily. The PH in the mouth, which is neutral (7) upon rising in the morning, also affects tooth decay. After eating, the PH drops below 4 or 3 for 30-90 minutes creating the right climate for a "plaque" or acid attack on the enamel, particularly in the secluded areas between the teeth. This attack may be greatest during the sleeping hours when chemicals such as phosphate and calcium are not present in the saliva.

Cavities do not occur overnight. A change in the diet and dental habits of college students will help prevent tooth decay. Consider these suggestions:

1. Reduce your intake of concentrated sugars and foods high in sugar (cake, pie, ice cream, candy, etc.).
2. Snack on fresh fruits and vegetables rather than sticky sweet foods and candy.
3. Raise the PH in your mouth by eating small quantities of cheese (cheddar, gouda, brie, blue cheese, Monterrey Jack, Swiss), popcorn, unflavored gelatin, salted peanuts, and nonfat dairy products, by brushing your teeth with toothpaste containing baking soda and fluoride, chewing Trident chewing gum after eating, and flossing the teeth after eating.



Anatomy of a tooth.

Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Relax. Tech. _____
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Relax. Tech. _____
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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ADJUSTMENTS PLANNED:

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WEEK OF: _____

SELF-CARE TIP:

YOUR EXERCISE PROGRAM

Mere participation in an exercise program or sport is no guarantee you will become more physically fit. By keeping some simple records and applying a few basic principles, however, you can make tremendous gains in fitness with little risk of injury or illness. Fitness involves four basic elements: heart-lung endurance (cardiovascular efficiency), muscular strength and endurance, body fat, and flexibility. For a complete exercise program, consider these suggestions:

1. Choose an aerobic exercise program such as aerobic dance, aerobic exercise, jogging, running, cycling, lap swimming, racket sports, and certain team sports.
2. Utilize 20-30 minutes, 2-3 times weekly for some form of strength training (weight training, calisthenics, aerobic exercise with resistance, aerobic conditioning class, etc.) to improve body shape, tone, muscular strength, and endurance.
3. Apply the F-I-T Principle.
   F requency (3-4 times weekly)
   I ntensity (at or above your target heart rate)
   T ime (20 min. of continuous exercise excluding warm-up and cool-down time)
4. Warm up thoroughly each workout by walking, jogging, or slowly performing the sports' skill for 5-10 minutes. Follow with 10-12 minutes of stretching exercises.
5. Apply the progressive resistance principle by keeping brief records to make certain each workout is slightly more difficult. In each session, you should exercise longer, exercise faster, or reduce rest periods during the workout. For weight loss, exercise longer rather than harder.
6. Alternate light and heavy days. The use of hard and easy workouts reduces the risk of injury, provides several relaxing workouts weekly, and allows the body to repair fully between workouts.
7. Use cross-training to avoid overuse injuries. Five aerobic exercise classes weekly, for example, are more likely to produce overuse injuries than three classes and two swimming or cycling sessions.
8. Cool down at the end of each workout, by slowly diminishing the exercise activity, and by walking or slow jogging for 5-10 minutes.

Sunday

NUTRITION:	Calories:
Foods Eaten —	In _____ Out _____
_____ Bread/Cereal	Difference: (+/-)_____
_____ Fruits/Veg.	
_____ Protein	**STRESS:**
_____ Milk Products	Stressors _____
_____ Water	_____
_____ Snacks	_____
	Coping _____
EXERCISE:	_____
Type_____	_____
Duration _____	Relax. Tech. _____
Heart Rate _____	_____

Monday

NUTRITION:	Calories:
Foods Eaten —	In _____ Out _____
_____ Bread/Cereal	Difference: (+/-)_____
_____ Fruits/Veg.	
_____ Protein	**STRESS:**
_____ Milk Products	Stressors _____
_____ Water	_____
_____ Snacks	_____
	Coping _____
EXERCISE:	_____
Type_____	_____
Duration _____	Relax. Tech. _____
Heart Rate _____	_____

Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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ADJUSTMENTS PLANNED:

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WEEK OF: _____

SELF-CARE TIP:

TIME MANAGEMENT

For most people, making the best use of their limited time is a problem. You see, you can't save time. Unlike money, time can't be invested to be used later. It is continuously being depleted. Furthermore, most of us do not know how much time we have left. We might think that because we are young we have a good deal of time left. However, we are not sure of that. Young people die unexpectedly also.

You can learn to better manage the time you have, not to save time but to free up time for other purposes. The following suggestions will help you to do that:

1. *Set Goals*—Daily, weekly, monthly, and longer term.
2. *Prioritize Goals*—First spend time on the most important. Establish "A" Lists (must get done), "B" Lists (you'd like to get done), and "Not To Do" Lists (things to avoid doing).
3. *Develop a Schedule*—Daily and longer term.
4. *Learn To Say NO*—Even good things cannot be taken on if time is limited.
5. *Delegate*—Ask others for help when you are time-pressured.
6. *Avoid Reverse Delegation*—When you have limited time, refrain from allowing others to delegate responsibilities to you.
7. *Give It the "Once Over"*—When you orient yourself to a task (e.g., opening the mail), deal with that total task then. Do not put it aside only to have to reorient yourself to it later.
8. *Limit Interruptions*—Set aside times when you will not be available by phone or to visitors. Schedule in "quiet time."
9. *Make the Initial Investment*—Although it might take some time to better organize your time, the investment will pay off by freeing up time in the long term.

Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
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_____ Milk Products
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EXERCISE:
Type _____
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Heart Rate _____

Calories:
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Difference: (+/-) _____

STRESS:
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EXERCISE:
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EXERCISE:
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WEEK OF: _____

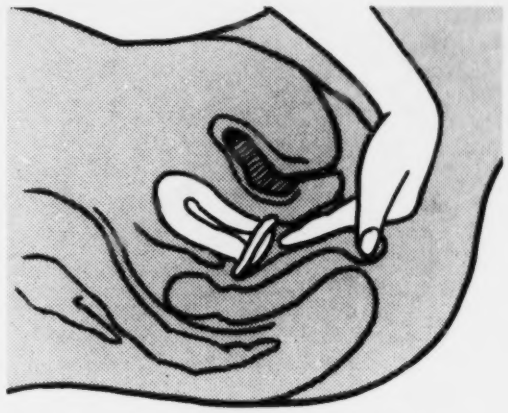
SELF-CARE TIP:

FERTILITY CONTROL

For sexually active adults, preventing conception is usually of concern. There are several means of preventing the egg-sperm union that is necessary for conception to occur. Some of these methods include:

1. *Abstinence.* Refraining from sexual intercourse.
2. *Withdrawal.* Called coitus interruptus, it involves withdrawing the penis prior to ejaculation.
3. *Rhythm.* Refraining from intercourse during the part of the menstrual cycle when the egg is available for fertilization.
4. *Natural Family Planning.* Recognizing the fertile phase of the menstrual cycle by changes in the cervical mucus, then refraining from intercourse during this time.
5. *Condom.* Sheath of rubber or animal skin that covers the penis and collects the ejaculate. Latex condoms provide some protection against sexually transmitted diseases.
6. *Diaphragm.* A rubber cap that creates a barrier around the cervix.
7. *Cervical Cap.* Functions like a diaphragm but fits more tightly around the cervix.
8. *Oral Contraceptives.* Pills that contain estrogen and/or progestin that prevent ovulation.
9. *Intrauterine Device (IUD).* A small plastic object inserted into the uterus to prevent a fertilized egg from attaching to it.
10. *Spermicides.* Foams, creams, or jellies that kill sperm on contact.
11. *Spermicidal Sponge.* A sponge that contains a spermicide and is placed blocking the cervix.
12. *Hormone Implant.* Synthetic hormones inserted under the skin that last in effectiveness up to five years.

Each of these methods has advantages and disadvantages. Consult a physician before deciding to employ any of these methods of contraception.



A diaphragm creates a barrier around the cervix.

Sunday

NUTRITION:
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_____ Bread/Cereal
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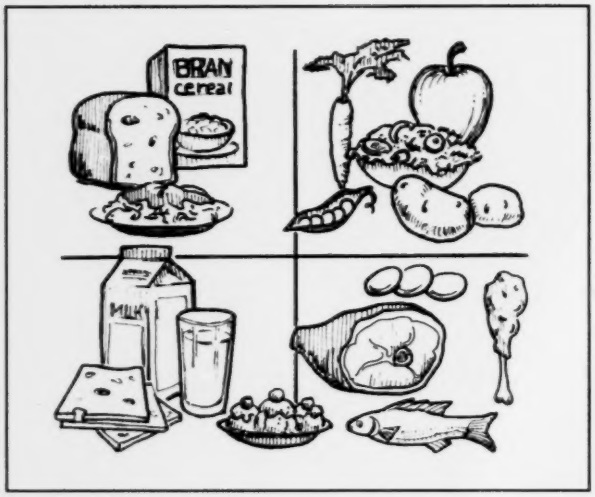
SELF-CARE TIP:

NUTRITIONAL MYTHS

Nutrition myth and quackery is common in the United States. Some people believe that foods will prevent and cure practically any illness. Others eat fish eggs, raw oysters, and organic foods as brain foods or foods that will nourish a specific body part. Unfortunately, there are no health benefits to any of these practices. Merely eating a balanced diet of foods from the basic four food groups will supply you with the proper vitamins and minerals and make special foods unnecessary. Let's examine some common misbeliefs:

1. *The best food plan is a vegetarian diet.* While a low-fat diet does have health advantages, strict vegetarians (vegans) must be careful to use complementary protein combinations and carefully plan their diets to avoid protein, iron, calcium, and B 12 deficiency. A low-fat diet that restricts meat and dairy products also has many health advantages.
2. Special energy foods, such as honey, improve your strength and vitality. Sugar in any form is handled the same by the body. Sugar is not an essential food, does not aid strength and vitality, and often provides only empty calories.
3. *Natural foods are always more nutritious.* Organic, or so-called "natural" foods, are those grown in soil enriched with natural rather than chemical fertilizers. These foods are not sprayed with pesticides and no artificial substances are added to the soil. There is no evidence that taste or nutritional quality is affected by the nature of the fertilizer.
4. *Pasteurized milk is not nourishing.* Pasteurization makes milk safe from harmful bacteria. The only nutrient lost is vitamin C, and raw milk before pasteurization has very little vitamin C anyway.
5. *White eggs are more nourishing than brown eggs.* Eggshell color depends on the breed of the hen and has nothing to do with nutritive value.
6. *Food processing robs foods of their nutritional value.* Food is processed for our own protection and processed food is the most nutritious food possible.
7. *Food manufacturers destroy all the nutrients and include dangerous additives.* Some nutrients are lost during processing but key nutrients are added back so the product often contains more than it had prior to processing. Before an additive can be used, the U.S. government requires manufacturers to prove its safety.



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WEEK OF: _____

SELF-CARE TIP:

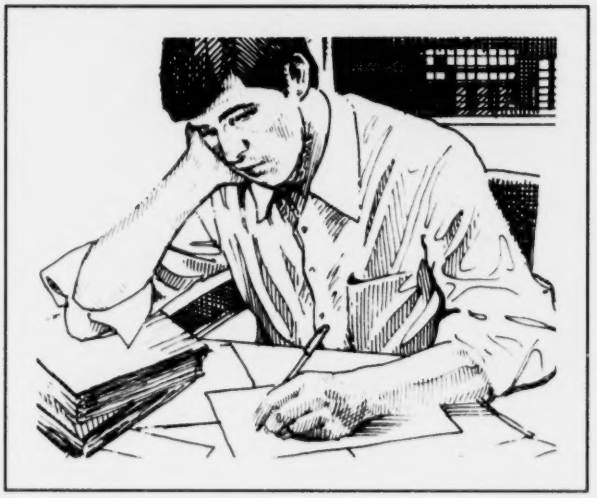
MANAGING ANXIETY

Each of us at some point has described ourselves as being anxious. Like love, we may not be able to describe anxiety, but we sure know when we're experiencing it! Mental health experts define anxiety as an unrealistic fear. However, it is more than just that. Anxiety has three components:

1. *A Subjective Sense of Fear.* You feel afraid.
2. *Physiological Arousal.* Your heart rate increases, your breathing becomes rapid and shallow, you perspire, your muscles get tense, and you may have difficulty concentrating.
3. *Behavior Signs.* You attempt to avoid contact in the first place with the anxiety-provoking situation, person, or thing, or escape from it as soon as possible if you can't avoid contact.

There are several very effective techniques for managing anxiety. For example:

1. *Environmental Planning.* You can change things in your life to be less anxious. You might attend anxiety-provoking places with a friend, or leave the lights on if the dark makes you anxious.
2. *Relabeling.* Focus on the positive aspects of the situation or person rather than the negative. You might describe a test as a challenge rather than a threat
3. *Self-Talk.* Say statements to yourself that more realistically assess the anxiety-provoking situation. You might remind yourself that you've managed this situation before, or that there is a friend or relative you can call on for help.
4. *Thought Stopping.* Try to recognize when you're having anxious thoughts and refuse to continue thinking that way. Reward yourself for doing that by spending a few minutes thinking of a pleasant scene or doing deep muscle relaxation (such as the meditation taught elsewhere in this Diary).



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WEEK OF: _____

SELF-CARE TIP:

CARDIORESPIRATORY FITNESS

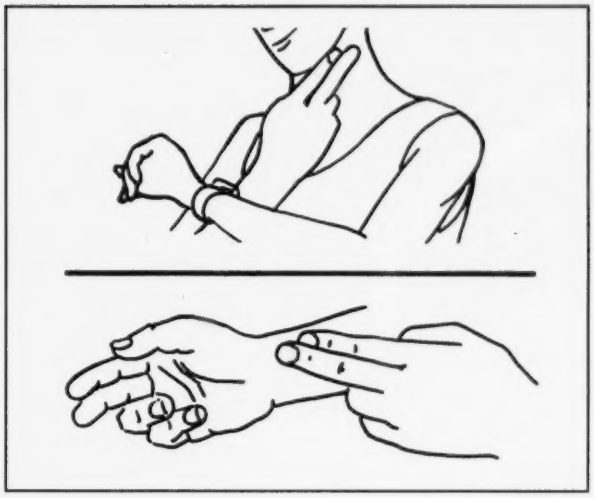
Heart disease is the number one killer of Americans. The reasons for this are many—poor nutrition, heredity, stress, high blood pressure, and cigarette smoking to name but a few. However, one of the primary causes of heart disease is a sedentary lifestyle, that is, being out of shape. When you are too inactive, you don't exercise your heart and your lungs often enough. Soon they become inefficient and ineffective.

Poor physical fitness is not only unhealthy, it looks bad on you. If you are out-of-shape, that says something about your *shape*. It isn't right, and it isn't as attractive as it might otherwise be. And, when you don't look as well as you might, your self-esteem may be affected.

To get your heart and lungs in shape, you need to exercise at your *target heart rate* for approximately 20 to 30 minutes. To determine your target heart rate, use the following formula:

1. Subtract your age from 220. The result is your predicted maximum heart rate (PMHR).
2. Next, determine your resting heart rate (RHR) by taking your pulse after sitting quietly for about 15 minutes. Then subtract your RHR from your PMHR.
3. Take 60 percent of this result and add that to your resting heart rate. This gives you the lower end of your target heart rate. To get the upper end, multiply by .80 and add this to your RHR.

Example: If I'm 20 and have a resting heart rate of 70, my formula would appear as 220 minus 20 (my age) = 200; 200 minus 70 (RHR) = 130; 130 times .60 = 78 and 130 times .80 = 104; 70 (RHR) plus 78 = 148 and 70 plus 104 = 174. My target heart rate range then is between 148 and 174.



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WEEK OF: _____

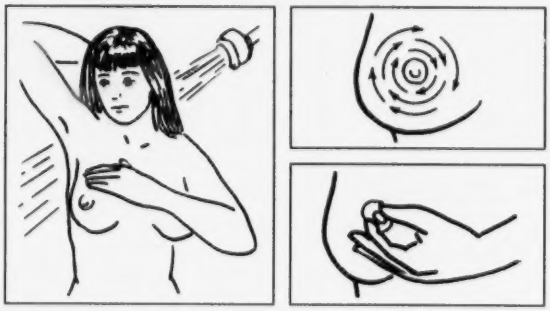
SELF-CARE TIP:

TESTES AND BREAST SELF-EXAMINATION

Cancer of the testes afflicts about 5,000 men each year. It is most often found in the 20-35 age group among white males and is the most common tumor in men aged 20-25. Testicular cancer is more likely to occur in men whose testes never descend to the scrotum or descend after the age of six. The most common sign is a pea-sized lump, usually painless in the early stages. Other symptoms include enlargement of a testicle, a heavy feeling, and accumulation of fluid or blood in the scrotum. Testicular cancer is highly curable if treated early.

Cancer of the breasts is a leading cause of cancer death. Single women and married women who do not breastfeed their babies have the highest risk. Symptoms include lumps or thickening in the breast, bleeding from the nipple, and swollen lymph nodes under the armpit. Early detection is possible through breast self-examination. Completed at the same time each month, this is a simple procedure that should take place one week after the end of the menstrual period.

Regular self-examination of the testicles and breasts is the most effective means of early detection and cure.



BREAST SELF-EXAMINATION

In the shower, with fingers flat, move gently over every part of each breast, using right hand for left breast and left hand for right breast. Check for any lump, hard knot, or thickening.

In front of a mirror, inspect your breasts with arms at sides and then raise your arms high overhead. Look for changes in contour, a swelling, dimpling, or changes in the nipple. Next rest palms on hips and press down to flex chest muscles. Left and right breast will not exactly match.

Lying down, examine your right breast by putting a pillow or folded towel under right shoulder, with right hand behind your head. With left hand, fingers flat, press gently in small circular motions, beginning with outermost top of right breast (a ridge of firm tissue in the lower curve of each breast is normal). Move in an inch at a time and keep circling to examine every part of your breast, including the nipple. Repeat the procedure on the left breast. Any lumps or hard knots should be reported to your doctor for diagnosis.

Finally, squeeze nipples gently between thumb and index finger. Any discharge, clear or bloody, should be reported to your doctor immediately.

TESTICLE SELF-EXAMINATION

The best time for testicular self-examination is after a warm bath or shower, when heat has caused the testicles to descend and the scrotal skin is relaxed. Roll each testicle gently between the thumb and fingers of both hands (with thumbs on top), feeling for hard lumps or nodules. If you find changes or anything abnormal, you should see your doctor promptly for a diagnosis.

Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Relax. Tech. _____
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Coping_____
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Relax. Tech. _____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
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Coping _____
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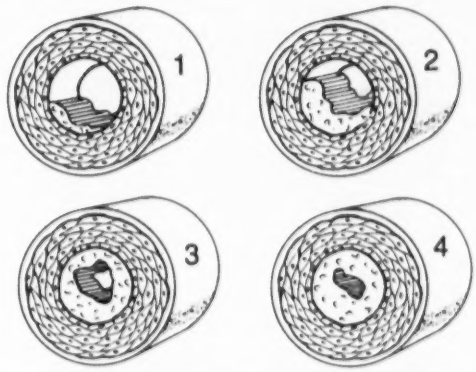
WEEK OF: _____

SELF-CARE TIP:

MANAGING YOUR CHOLESTEROL

The major cause of cardiovascular disease, such as heart attack and stroke, is atherosclerosis involving the progressive buildup of fatty material, or plaque, inside arterial blood vessels. This silent disease begins in childhood when only fatty streaks are noticeable and progresses slowly until plaque obstructs or completely blocks the flow of blood to the heart, brain, or lower extremities. Fat and cholesterol are the major causes. Proper nutrition and regular aerobic exercise will help control your blood cholesterol. Total cholesterol is a combination of that formed by the liver and that ingested in food of animal origin. Saturated fat intake stimulates the liver's production of cholesterol and probably contributes more to raising your blood cholesterol level than the amount of cholesterol you eat. Consider these suggestions to help keep your blood cholesterol level under 200 ml. per deciliter of blood.

1. *Reduce your total fat consumption.* Eat less red meat, buy lean cuts (10-15 percent fat), trim visible fat, and schedule at least two meatless meals weekly.
2. *Eat no more than 300 mg. of cholesterol daily* by reducing your intake of eggs, butter, and dairy products.
3. *Increase your consumption of complex carbohydrates* (fresh fruits—2+ servings daily, vegetables—2+ servings daily, and whole grains—4-6 servings daily, legumes—3+ servings per week) to 48% of your daily calories.
4. *Add more fish to your diet* (6 ounces or more twice weekly), particularly those high in omega 3 fatty acids.
5. *Decrease your salt intake from the current 6-19 grams to less than 4 grams daily.* Although it is estimated that only one-third of the population is salt sensitive, it is important to form the habit of consuming less salt in your diet at an early age.
6. *Obtain adequate calcium and potassium in your diet.* Studies have linked low calcium intake to high blood pressure in some individuals and slightly increased potassium intake to increased sodium excretion and lower blood pressure
7. *Eliminate alcohol from your diet.*



Progressive atherosclerotic buildup on artery walls can block the flow of blood, leading to increased blood pressure, heart attacks, and strokes.

Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Relax. Tech. _____
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Coping_____
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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ADJUSTMENTS PLANNED:

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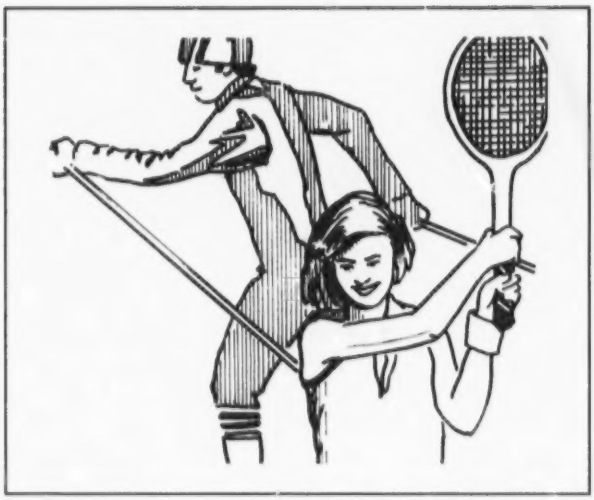
WEEK OF: _____

SELF-CARE TIP:

PREVENTING FITNESS INJURY

Exercise is good for you under the right circumstances. However, some people exercise in a way that is potentially harmful to their health. They would probably be better off not exercising at all than exercising in the manner in which they do. To derive the benefits of regular exercise in a healthy way, follow these guidelines:

1. In hot weather, drink water frequently, wear light colored clothing, wear a hat for protection against the sun, and don't hesitate to stop if you don't feel well.
2. In cold weather, keep your extremities protected, wear a hat or hood, wear layers of clothing, and be alert for signs of frostbite such as changes in the color of your arms, face, and/or legs.
3. Wear clothing that fits both you and the activity in which you are engaged. In the heat, wear cotton, rather than nylon, clothing since nylon interferes with evaporation of perspiration. When the activity requires speed (for example, bicycling), wear tight fitting clothing.
4. Never wear rubberized sweatsuits. They do not allow the body to cool itself and can result in heat exhaustion and death.
5. Always warm up before exercising and cool down after exercising. Muscles need to be warmed before stretching them during exercise, and a cool-down will aid in circulating the waste products out of the area, preventing cramps.
6. Use the proper equipment. A tennis racket with the wrong grip can cause tennis elbow and poor running shoes can lead to numerous injuries, for example.
7. Train, don't strain. Training should be gradual and enjoyable. The old principle "no pain, no gain" has long been discarded.



Sunday

NUTRITION:	Calories:
Foods Eaten —	In _____ Out _____
_____ Bread/Cereal	Difference: (+/-)_____
_____ Fruits/Veg.	
_____ Protein	**STRESS:**
_____ Milk Products	Stressors _____
_____ Water	_____
_____ Snacks	_____
	Coping _____
EXERCISE:	_____
Type_____	_____
Duration _____	Relax. Tech. _____
Heart Rate _____	_____

Monday

NUTRITION:	Calories:
Foods Eaten —	In _____ Out _____
_____ Bread/Cereal	Difference: (+/-)_____
_____ Fruits/Veg.	
_____ Protein	**STRESS:**
_____ Milk Products	Stressors _____
_____ Water	_____
_____ Snacks	_____
	Coping _____
EXERCISE:	_____
Type_____	_____
Duration _____	Relax. Tech. _____
Heart Rate _____	_____

Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
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Difference: (+/-) _____

STRESS:
Stressors _____
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Relax. Tech. _____
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
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_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
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ADJUSTMENTS PLANNED:

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WEEK OF: _____

SELF-CARE TIP:

RELAXATION TECHNIQUES

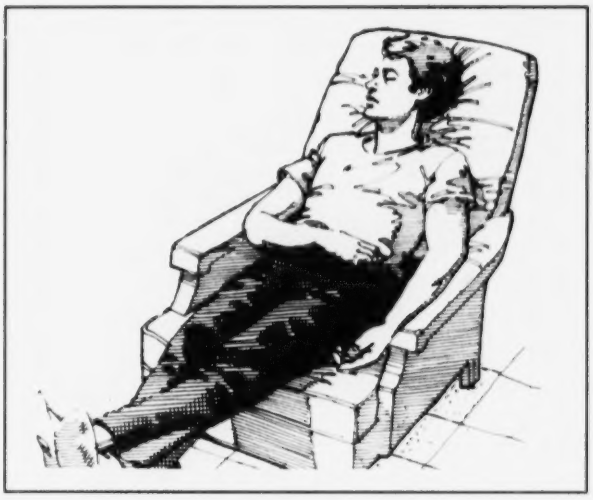
The regular practice of relaxation not only makes you feel better, it also improves your physical health. Relaxation lowers your heart rate, decreases your blood pressure, relieves your muscle tension, and makes your body better able to ward off substances to which it is allergic. Relaxation may help you prevent ulcers, hypertension, heart disease, stroke, backaches, headaches, and even rheumatoid arthritis and some forms of cancer. Regular practice of relaxation has also been shown to make the immunological system more effective so you can fight off bacteria and viruses better.

An easy to learn, but yet very effective relaxation technique is *meditation*. There are two basic forms of meditation: either focusing on something unchanging (such as a spot on the wall) or focusing on something that is repetitive (such as your breathing).

To meditate, simply:

1. Be seated in a comfortable chair.
2. Close your eyes.
3. Choose a word that you find relaxing and repeat that word, in your mind, every time you breathe out.

It is best to meditate twice a day for 20 minutes each time. Good times for meditating seem to be upon rising and just before dinner. In this way it can help you begin your day relaxed and begin the evening feeling relaxed as well. In addition, since the goal is to relax, don't meditate after having just taken in a stimulant (such as caffeine in coffee, tea, or some soft drinks or nicotine in a cigarette).



Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Relax. Tech. _____
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Relax. Tech. _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
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Relax. Tech. _____
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
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_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____Out _____
Difference: (+/-)_____

STRESS:
Stressors _____
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Relax. Tech. _____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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ADJUSTMENTS PLANNED:

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WEEK OF: _____

SELF-CARE TIP:

PREVENTING OSTEOPOROSIS

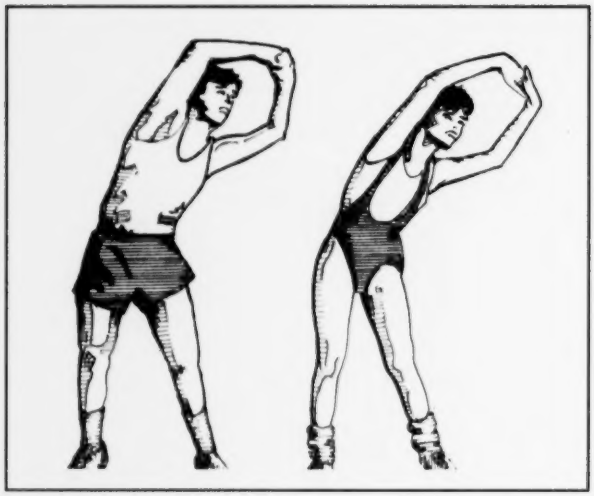
Osteoporosis (age-related loss of bone mass) affects 15-20 million persons in the United States and causes more than 1.3 million fractures. Victims often develop a "hump-back" look from vertebrae that crush.

Approximately 30 percent of women are at risk. Risk factors include race (white), European nationality, smoking, drinking, and sedentary living. A lifestyle to prevent this disorder must be adopted early—no later than the college years since the most important factor is to reach menopause with as much bone mass as possible. This requires a life of proper nutrition and regular exercise.

Daily calcium intake should be increased from 1,000 to 1,500 milligrams. Adequate intake of vitamin D and regular weight bearing exercise such as walking, jogging, running, aerobic exercise or dance, and individual or team sports are necessary to increase the amount of calcium that will be absorbed. Eating from the four food groups and daily exposure to sunlight should provide sufficient vitamin D. Three to four 30-45 minute weight bearing exercise sessions weekly will aid in bringing dietary calcium to the bones. Unless recommended by a physician, vitamin D and/or calcium supplementation should be avoided since dangerous side effects may occur.

Adequate phosphorus (plentiful in most foods), vitamins A and C, magnesium, fluoride, and protein also play a part in both the prevention and control of osteoporosis. In addition, alcohol consumption should be low and tobacco smoking should be eliminated.

The nutrition and exercise suggestions described above, plus estrogen replacement therapy or use of the new drugs that perform the same function, can effectively prevent, delay, and even reverse osteoporosis.



Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Coping _____
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
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_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Tuesday

NUTRITION:
Foods Eaten —
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_____Fruits/Veg.
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_____Snacks

EXERCISE:
Type _____
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Heart Rate _____

Calories:
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Difference: (+/-) _____

STRESS:
Stressors _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Relax. Tech. _____
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
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EXERCISE:
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Heart Rate _____

Calories:
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STRESS:
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Saturday

NUTRITION:
Foods Eaten —
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_____ Snacks

EXERCISE:
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Calories:
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Difference: (+/-) _____

STRESS:
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
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_____Protein
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EXERCISE:
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Duration _____
Heart Rate _____

Calories:
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Difference: (+/-) _____

STRESS:
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WEEK OF: _____

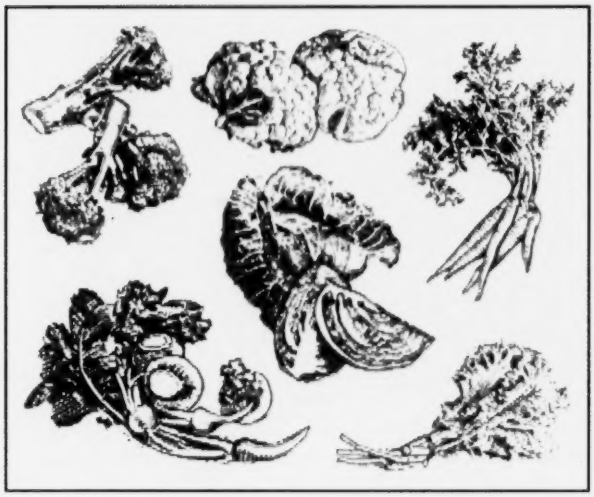
SELF-CARE TIP:

NUTRITION AND CANCER PREVENTION

Although a direct cause-effect relationship has not been proven, evidence suggests that some things we eat may increase or decrease our risks for certain types of cancer. The sooner in life these foods either become a regular part of our diet or are eliminated, the less our chances of getting cancer. Consider the following guidelines of the American Cancer Society:

1. Maintain normal body weight and body fat.
2. Cut down on total fat intake. High fat diets may contribute to the development of certain cancers, such as breast, colon, prostate, and cancer of the lining of the uterus.
3. Eat more high fiber foods (fruits, vegetables, and grains). High fiber foods may help reduce the risk of colon and rectal cancer and provide a substitute for high fat foods.
4. Include foods rich in vitamins A and C in your daily diet. Dark green, leafy, and other green vegetables and yellow and orange fresh vegetables and fruits, such as spinach, carrots, sweet potatoes, peaches, and apricots are good sources of vitamin A.
5. Include cruciferous vegetables (flowers with four leaves in the pattern of a cross from the cabbage family) in your diet. Cabbage, broccoli, brussels sprouts, kohlrabi, collards, kale, mustard greens, rutabagas, turnips, and cauliflower may keep certain types of cancers from developing.
6. *Eat moderately of salt-cured, smokes, and nutrite-cured foods.* In areas of the world where salt-cured and smoked foods are eaten frequently, there is a higher incidence of cancer of the esophagus and stomach.
7. *Keep alcohol consumption moderate, if you drink.* The heavy use of alcohol, especially when accompanied by cigarette smoking or use of smokeless tobacco, increases the risk of cancers of the mouth, larynx, throat, and esophagus.

Artificial sweeteners, caffeine, and heat-charred meats, suspected of being associated with cancer, and selenium (present in meat, seafood, chicken, grains, egg yolks), found to lower the rate of liver, colon, and breast cancer in animals, are currently being studied.



Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
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STRESS:
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

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Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
Stressors _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
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Heart Rate _____

Calories:
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STRESS:
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
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Difference: (+/-) _____

STRESS:
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
Heart Rate _____

Calories:
In _____Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
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ADJUSTMENTS PLANNED:

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WEEK OF: _____

SELF-CARE TIP:

ASSERTING YOURSELF

Each of us has basic human rights. For example, we have the right to privacy, the right to do with our bodies and our time what we choose, the right to refuse requests, the right to get what we pay for, and the right to be treated with respect and dignity. *Refusing to use drugs* is an example of an assertive response. And each of us has the right to act in ways to assure these basic rights are met, as long as we do not violate anyone else's rights in the process. For example, if you order a steak cooked medium but it is brought to your table rare, you can act:

1. *Nonassertively* by accepting the steak and paying for it.
2. *Aggressively* by arguing with the waiter and insisting the steak be cooked longer.
3. *Assertively* by politely requesting the steak be cooked until it is medium.

To make an assertive statement, make sure it includes the following components:

1. It describes the *situation*.
2. It expresses how you *feel* about that situation.
3. It specifies the *change* you would prefer.
4. It details the *consequences* of no change occurring or of the requested change being made.

In addition, remember to act assertively in your *nonverbal* behavior:

1. Stand straight, steady, and directly face the person to whom you are speaking while maintaining eye contact.
2. Speak in a clear, steady voice, loud enough for the person to hear you.
3. Speak fluently, without hesitation, and with assurance and confidence.

Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
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_____ Snacks

EXERCISE:
Type _____
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Heart Rate _____

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STRESS:
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Tuesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
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STRESS:
Stressors _____
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
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Difference: (+/-) _____

STRESS:
Stressors _____
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-)_____

STRESS:
Stressors_____
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
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ADJUSTMENTS PLANNED:

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WEEK OF: _____

SELF-CARE TIP:

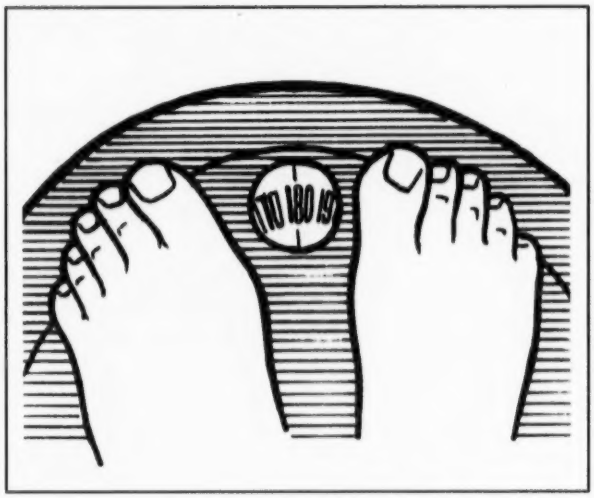
A SENSIBLE APPROACH TO WEIGHT CONTROL

Managing body weight and fat for most of us involves a lifetime program of proper nutrition and regular aerobic exercise. Although the task is difficult, the rewards are many. Your physical health as well as mental and emotional health are certain to improve. Evidence also indicates that you will have more life while you live and also live a longer life.

Choosing a diet from hundreds appearing in the literature is no easy task. As a general rule, all "fad" diets and "gimmick" approaches should be avoided. Keep in mind that calories do count and the amount of weight loss will be determined by the difference between the number of calories you eat and those you expend (calories in minus calories out).

For a safe, sound, effective diet, consider these suggestions:

1. Use a form from your health book to analyze your eating habits. This is an important step toward permanent change.
2. Plan to lose no more than 2-3 pounds weekly and stay with it for a minimum of three months. "Pinch" rather than "weigh" yourself the first two weeks of your diet. Weight loss may be obscured by water retention; however, fat loss will be evident from a pinch. Weigh yourself every two weeks.
3. Eat at least 800 (women) to 1200 (men) calories daily.
4. Eat three meals daily (never skip a meal) from the four basic food groups. Choose the foods from each group that you enjoy and can continue to eat over a period of several months.
5. Consume your RDA in protein daily, and at least 100g of carbohydrate to spare protein.
6. Consume 135-225 calories (15-25g) of fat daily to aid satiety and delay hunger.
7. Drink 8-10 glasses of water daily.
8. Take one multiple vitamin pill per day.
9. Prepare nutritious fruit and vegetable snacks daily.
10. Perform some form of aerobic exercise in an activity you enjoy for a minimum of 30 minutes daily.



Sunday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
In _____ Out _____
Difference: (+/-) _____

STRESS:
Stressors _____
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Monday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type _____
Duration _____
Heart Rate _____

Calories:
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STRESS:
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Tuesday

NUTRITION:
Foods Eaten —
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_____Fruits/Veg.
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EXERCISE:
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Calories:
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STRESS:
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Friday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
_____ Snacks

EXERCISE:
Type_____
Duration _____
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Calories:
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STRESS:
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Wednesday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
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_____Snacks

EXERCISE:
Type _____
Duration_____
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STRESS:
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Saturday

NUTRITION:
Foods Eaten —
_____ Bread/Cereal
_____ Fruits/Veg.
_____ Protein
_____ Milk Products
_____ Water
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EXERCISE:
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Calories:
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Difference: (+/-)_____

STRESS:
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Thursday

NUTRITION:
Foods Eaten —
_____Bread/Cereal
_____Fruits/Veg.
_____Protein
_____Milk Products
_____Water
_____Snacks

EXERCISE:
Type _____
Duration_____
Heart Rate _____

Calories:
In_____ Out_____
Difference: (+/-) _____

STRESS:
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TOLL-FREE NUMBERS FOR HEALTH INFORMATION

This list contains toll-free numbers of organizations that provide health-related information. The organizations do not diagnose or recommend treatment for any disease. Some numbers offer recorded information; others provide personalized counseling, referrals, and/or written materials. Unless otherwise stated, numbers can be reached within the continental United States Monday through Friday and hours of operation are eastern time. Numbers that operate 24 hours a day can be reached 7 days a week unless otherwise noted. (Source: National Health Information Center, *Health Finder*, January 1990)

ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS)

AIDS Clinical Trials Information Service
(800)TRIALS-A
(800)243-7012 TTY/TDD
Provides current information on federally and privately sponsored clinical trials for AIDS patients and others with HIV infection. Sponsored by the Centers for Disease Control, the Food and Drug Administration, the National Institute of Allergy and Infectious Diseases, and the National Library of Medicine.
9 a.m. - 7 p.m.

National AIDS Hotline
(800)342-AIDS
(800)342-SIDA for information in Spanish 8 a.m. - 2 a.m.
(800)243-7889 TTY/TDD
8 a.m. to 10 p.m.
Provides 24-hour recorded information to the public on the prevention and spread of AIDS (in English).

National AIDS Information Clearinghouse
(800)458-5231
Distributes a number of publications on AIDS, including the Surgeon General's report and American Red Cross publications. Refers callers to local information numbers for specific information on AIDS and treatment sources. A service of the U.S. Public Health Service. 9 a.m. - 7 p.m.

National Indian AIDS Hotline
(800)283-AIDS
Provides printed material and information about AIDS and AIDS prevention in the Indian community.
8:30 a.m. - 5 p.m. (Pacific time).

National Gay Lesbian Crisisline
(800)SOS-GAYS
(212)529-1604 in NY, AK, and HI
Offers basic information on AIDS, including symptoms, possible causes, and recommended preventive measures. Provides referrals to local organizations and support groups. 5-10 p.m.; 1-5 p.m. Sundays.

ALCOHOLISM

Al-Anon Family Group Headquarters
(800)356-9996
(212)245-3151 in NY and Canada
Provides printed materials specifically aimed at helping families dealing with the problems of alcoholism.
Operates 24 hours.

Alcoholism and Drug Addiction Treatment Center
(800)382-4357
Provides referrals to local facilities where adolescents and adults can seek help. Operates 24 hours.

National Council on Alcoholism
(800)NCA-CALL
Refers to local affiliates and provides written information on alcoholism.
Operates 24 hours.

ALLERGY (see ASTHMA)

ALZHEIMER'S DISEASE

Alzheimer's Disease and Related Disorders Association
(800)621-0379
(800)572-6037 in IL
Refers to local chapters and support groups. Offers information on publications available from the association. 9 a.m. - 5 p.m. (central time).

ARTHRITIS

Arthritis Foundation Information Line
(800)283-7800
Provides publications and information about arthritis and referrals to local organizations. 9 a.m. - 7 p.m.

ASTHMA

Asthma and Allergy Foundation of America
(800)7-ASTHMA
Provides general information, publications and videos, and referrals to physicians. 9 a.m. - 5 p.m.

CANCER

AMC Cancer Information
(800)525-3777
Provides information on causes of cancer, prevention, methods of detection and diagnosis, treatment and treatment facilities, rehabilitation, and counseling services. A service of AMC Cancer Research Center, Denver, CO.
8:30 a.m. - 5 p.m. (mountain time).

Cancer Information Service (CIS)
(800)4-CANCER
(800)524-1234 in Oahu, HI
(Neighboring Islands call collect)
(800)638-6070 in AK
Answers cancer-related questions from the public, cancer patients and families, and health professionals.
Spanish-speaking staff members are available to callers from the following areas: CA, FL, GA, IL, northern NJ, New York City, and TX. A service of the National Cancer Institute. 9 a.m. - 10 p.m.; 10 a.m. - 6 p.m. Saturday.

Cancer Response Line
(800)ACS2345
Provides publications and information about cancer and coping with cancer. Refers callers to local chapters of the American Cancer Society for support services. A service of the American Cancer Society. 8:30 a.m. - 4:30 p.m.

Y-Me Breast Cancer Support Program
(800)221-2141
(312)799-8228 in IL
Provides breast cancer patients with presurgery counseling, treatment information, peer support, self-help counseling, and patient literature; also makes referrals according to guidelines from its medical advisory board.
9 a.m. - 5 p.m. (central time); local number operates 24 hours.

CHEMICAL PRODUCTS

Chemical Referral Center
(800)CMA-8200 in continental United States and Hawaii
(202)887-1315 in DC and for collect calls from AK
Provides nonemergency referrals to companies that manufacture chemicals and to state or federal agencies for health and safety information and information regarding chemical regulations. 9 a.m. - 6 p.m.

National Pesticide Telecommunications Network
(800)858-7378
Responds to nonemergency questions about the effects of pesticides, toxicology and symptoms, environmental effects, disposal and cleanup, and safe use of pesticides; also responds to emergency questions from medical professionals and veterinarians. A service of the Environmental Protection Agency and Texas Tech University.
Operates 24 hours.

CHILD ABUSE

National Child Abuse Hotline
(800)422-4453
Provides information and professional counseling on child abuse. Gives referrals to local social service groups offering counseling on child abuse.
Operates 24 hours.

BEST COPY AVAILABLE

National Resource Center on Child Abuse and Neglect
(800)2-ASK-AHA
Provides general information and statistics about child abuse. Sponsored by the American Humane Association. 9 a.m. to 5 p.m.

Parents Anonymous Hotline
(800)421-0353
(800)352-0386 in CA
Provides information on self-help groups for parents involved in child abuse. Operates 24 hours.

CHILDREN

National Child Safety Council Childwatch
(800)222-1464
Answers questions and distributes literature on safety, including drug abuse, household dangers, and electricity. Provides safety information to local police departments. Sponsor of the missing kids milk carton program. Operates 24 hours.

National Hotline for Missing Children
(800)843-5678
(703)235-3900 in VA and DC
Operates a hotline for reporting missing children and sightings of missing children. Offers assistance to law enforcement agents. A service of the National Center for Missing and Exploited Children. 7:30 a.m. - 11 p.m.

National Information System and Clearinghouse
(800)922-9234
(800)922-1107 in SC
Provides information on services for children with disabilities and does referrals to support groups, organizations, hospitals, and research centers. 9 a.m. - 5 p.m.

National Runaway Switchboard
(800)621-4000
Provides crisis intervention and traveler's assistance to runaways. Gives referrals to shelters nationwide. Also relays messages to, or sets up conference calls with, parents at the request of the child. Operates 24 hours.

National Youth Crisis Hotline
(800)HIT-HOME
Provides counseling and referrals to local drug treatment centers, shelters, and counseling services. Operates 24 hours.

CYSTIC FIBROSIS

Cystic Fibrosis Foundation
(800)344-4823
(301)951-4422 in MD
Responds to patient and family questions and offers literature. Provides referrals to local clinics. 8:30 a.m. - 5:30 p.m.

DIABETES

American Diabetes Association
(800)ADA-DISC
(703)549-1500 in VA and DC metro area
Provides free literature, a newsletter, information on health education, and refers to local affiliates for support-group assistance. 8:30 a.m. - 5 p.m.

Juvenile Diabetes Foundation International Hotline
(800)223-1138
(212)889-7575 in NY
Answers questions and provides brochures on juvenile diabetes. Refers to local chapters, physicians, and clinics. 8 a.m. - 5 p.m.

DOWN SYNDROME

National Down Syndrome Congress
(800)232-6372
(312)823-7550 in IL
Answers questions from parents about health concerns. Refers to local organizations. 9 a.m. - 5 p.m. (central time).

National Down Syndrome Society Hotline
(800)221-4602
(212)460-9330 in NY
Offers information on Down syndrome and gives referrals to local programs for the newborn. Provides free information packet upon request. 9 a.m. - 5 p.m.

DRINKING WATER SAFETY

Safe Drinking Water Hotline
(800)426-4791
(202)382-5533 in DC
Provides general and technical information on the quality of drinking water and referrals to other EPA organizations, when appropriate. Does not give site-specific information on local water quality. 8:30 a.m. - 4:30 p.m.

DRUG ABUSE

Just Say No Kids Club
(800)258-2766
(415)939-6666 in CA
Responds to questions on how to start a club for 7- to 14-year-olds. 8:30 a.m. - 4:30 p.m. (Pacific time).

National Cocaine Hotline
(800)COC-AINE
Answers questions on the health risks of cocaine to cocaine users, their friends, and families. Provides referrals to drug rehabilitation centers. A service of the Psychiatric Institute of America. Operates 24 hours.

National Parents' Resource Institute for Drug Education (PRIDE)
(800)241-7946
(404)658-2548 in GA
Provides a broad range of educational and professional materials on drug-related issues, including alcohol and legal questions. Refers to related organizations. 8:30 a.m. - 5 p.m.

NIDA Hotline
(800)662-HELP
Provides general information on drug abuse and on AIDS as it relates to intravenous drug users. Offers referrals to drug rehabilitation centers. A service of the National Institute on Drug Abuse. 9 a.m. - 3 a.m.; 12 p.m. - 3 a.m. Saturday and Sunday.

EATING DISORDERS

Bulimia Anorexia Self-Help
(800)227-4785
Provides information on bulimia, anorexia, depression, anxiety, and phobias. 8:30 a.m. - 5 p.m. (central time). For 24-hour crisis intervention and information, use the Bulimia Anorexia Self-Help Crisis Line: (800)762-3334.

FITNESS

Aerobics and Fitness Foundation
(800)BE FIT 86
Answers questions from the public regarding safe and effective programs and practices. 10 a.m. - 5 p.m. (Pacific time).

GENERAL HEALTH

ODPHP National Health Information Center
(800)336-4797
(301)565-4167 in DC metro area
Provides a central source for information and referral for health questions from health educators, health professionals, and the general public. Spanish-speaking staff available. A service of the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services. 9 a.m. - 5 p.m.

GLAUCOMA

Foundation for Glaucoma Research
(800)245-3005
(415)986-3162
Provides consumer information and funds biomedical research. 8:30 a.m. - 6 p.m.

HANDICAPPING CONDITIONS
See also HEARING AND SPEECH

Epilepsy Foundation of America
(800)EFA-1000
(301)459-3700 in MD
(800)492-2523 Baltimore affiliate
Provides information on epilepsy and makes referrals to local chapters. 9 a.m. - 5 p.m.

HEATH Resource Center
(800)544-3284
(202)939-9320 in DC
Provides information on postsecondary education for the handicapped and on learning disabilities. 9 a.m. - 5 p.m.

IBM National Support Center for Persons with Disabilities
1(800)IBM-2133 Voice/TTD
Responds to requests for information on how computers can help people with vision and hearing problems, speech impairments, learning disabilities, mental retardation, and mobility problems. It is a clearinghouse for information on all types of available equipment and staff will assess an individual's needs and make appropriate referrals.
8:30 a.m. - 5 p.m.

Job Accommodation Network
(800)526-7234 Voice/TDD
(800)526-4698 in WV
(800)526-2262 in Canada
Offers ideas for accommodating handicapped persons in the workplace and information on the availability of accommodation aids and procedures.
8 a.m. - 8 p.m. Monday - Thursday;
8 a.m. - 5 p.m. Friday.

Library of Congress
National Library Services for the Blind and Physically Handicapped
(800)424-8567
(202)707-5100 in DC
Provides both audio and Braille formats for the blind and physically handicapped, or anyone who is unable to read print for any reason, through a network of state libraries. 8 a.m. - 4:30 p.m.

National Information System for Health Related Services (NIS)
(800)922-9234
(800)922-1107 in SC
Makes referrals to support groups and sources of financial, medical, and legal assistance for developmentally disabled and chronically ill children up to age 21. 8:30 a.m. - 5 p.m.

National Rehabilitation Information Center
(800)34-NARIC
(301)588-9284 in MD
Provides rehabilitation information on assistive devices and disseminates other rehabilitation-related information.
8 a.m. - 8 p.m.

HEADACHE

National Headache Foundation
(800)843-2256
(800)523-8858 in IL
Offers membership information and sends literature on headaches and treatment. 9 a.m. - 5 p.m. (central time).

HEARING AND SPEECH

American Cleft Palate Association
(800)24-CLEFT
Offers basic information to parents and health professionals on cleft palate syndrome. Makes referrals to local support groups and sends information, including lists of plastic surgeons, dentists, and speech pathologists for patients' review. 8 a.m. - 4:30 p.m. and 24-hour answering service.

Dial A Hearing Test
(800)222-EARS
(800)345-EARS in PA
Answers questions on hearing problems and makes referrals to local numbers for a two-minute hearing test, as well as ear, nose, and throat specialists. Also makes referrals to organizations that have information on ear-related problems, including questions on broken hearing aids. 9 a.m. - 6 p.m.

Hearing Helpline
(800)424-3876
(800)EAR-WELL
(703)642-0580 in VA
Provides information on better hearing and preventing deafness. Materials are mailed on request. A service of the Better Hearing Institute. 9 a.m. - 5 p.m.

National Association for Hearing and Speech Action Line
(800)638-8255
(301)897-0039 in HI, AK, and MD (call collect)
Offers information and distributes materials on hearing aids and pathologists and audiologists certified by the American Speech-Language-Hearing Association. 8:30 a.m. - 4:30 p.m.

National Hearing Aid Helpline
(800)521-5247
(313)478-2610 in MI
Provides information and distributes a directory of hearing aid specialists certified by the National Hearing Aid Society. 9 a.m. - 5 p.m.

Tele-Consumer Hotline
(800)332-1124 Voice/TDD
(202)223-4371 in DC
Provides information about relay services between people with hearing or speech impairments and people without communication impairment; also helps all disabled individuals locate communication equipment. Spanish language assistance available.
9 a.m. - 7 p.m.

HOSPICE CARE

Children's Hospice International
(800)242-4453
(703)684-0330 in VA
Provides support system and information for health care professionals, families, and the network of organizations within a community that offer hospice care to terminally ill children. Distributes educational materials. 9 a.m. - 5 p.m.

Hospice Education Institute Hospicelink
(800)331-1620
(203)767-1620 in CT
Offers general information about hospice care and makes referrals to local programs. Does not offer medical advice or personal counseling. 9 a.m. - 5 p.m.

HOSPITAL CARE

Hill-Burton Hospital Free Care
(800)638-0742
(800)492-0359 in MD
Provides information on hospitals and other health facilities participating in the Hill-Burton Hospital Free Care Program. A service of the Bureau of Resources Development, U.S. Department of Health and Human Services. 9:30 a.m. - 5:30 p.m. or leave recorded message 24 hours.

Shriners Hospital Referral Line
(800)237-5055
(800)282-9161 in FL
Gives information on free hospital care available to children under 18 who need orthopedic care or burn treatment. Sends application forms to requestors who meet eligibility requirements for treatment provided by 22 Shriners Hospitals in the United States, Mexico, and Canada. 8 a.m. - 5 p.m.

HUMAN SERVICES

Project Share
(800)537-3788
(301)231-9539 in MD
Provides reference and referral services designed to improve management of human services by emphasizing the integration of those services at the delivery level, with special emphasis on youth-related issues through the Share Resource Center on Teen Pregnancy Prevention. 8 a.m. - 5 p.m.

HUNTINGTON'S DISEASE

Huntington's Disease Society of America
(800)345-4372
(212)242-1968 in NY
Gives information on the disease and provides referrals to physicians and support groups. Answers questions on presymptomatic testing. 9 a.m. - 6 p.m.

IMPOTENCE

Recovery of Male Potency
(800)835-7667
(313)357-1216 in MI
Provides referrals to self-help support groups associated with ROMP and other agencies. Distributes information packet. A service of Grace Hospital, Detroit, MI, and affiliated with 23 hospitals nationwide. 8 a.m.- 4:30 p.m.

INCOME TAX

Federal Internal Revenue Service for TDD Users
(800)428-4732 TDD
(800)382-4059 in IN TDD
(800)424-1040 Voice
Answers questions on federal income tax, including medical deductions for the cost of telecommunications devices for the deaf (TDD's), hearing aids, trained hearing-ear dogs, and sending deaf children to special schools. Accepts orders for the publication, Tax Information for Handicapped and Disabled Individuals, and other free IRS publications. 8:30 a.m. - 4:30 p.m.

KIDNEY DISEASE (see UROLOGICAL DISORDERS)

LEARNING DISORDERS

See also HANDICAPPING CONDITIONS

The Orton Dyslexia Society
(800)ABCD-123
(301)296-0232 in MD
Answers questions about dyslexia and how to become a member of the society and makes referrals to other members of the society. Written materials are also available.
9 a.m. - 5 p.m.

LIVER DISEASES

American Liver Foundation
(800)223-0179
(201)256-2550 in NJ
Provides information, including fact sheets, and makes physician and support group referrals. 8:30 a.m. - 4:30 p.m.

LUNG DISEASES

Asthma Information Line
(800)822-ASMA
Provides written materials on asthma and allergies. A service of the American Academy of Allergy and Immunology. Operates 24 hours.

Lung Line
National Asthma Center
(800)222-5864
(303)355-LUNG in Denver
Answers questions about asthma, emphysema, chronic bronchitis, allergies, juvenile rheumatoid arthritis, smoking, and other respiratory and immune system disorders. Questions answered by registered nurses. A service of the National Jewish Center for Immunology and Respiratory Medicine. 8 a.m. - 5 p.m. (mountain time).

LUPUS

Lupus Foundation of America
(800)558-0121
(202)328-4550 in DC
Answers basic questions about the disease and provides health professionals and patients and their families with information and literature. Refers to local affiliates. 9 a.m. - 5 p.m.

Terri Gotthelf Lupus Research Institute
(800)82-LUPUS
(203)852-0120 in CT
Offers information and distributes materials on lupus, including a list of centers that conduct research and provide health services to lupus patients. 9 a.m. - 7 p.m.

MENTAL HEALTH

American Mental Health Fund
(800)433-5959
(800)826-2336 in IL
Provides a 24-hour recorded message for callers to request the AMHF pamphlet that includes general information about the organization and mental health and warning signs of mental illness.

National Foundation for Depressive Illnesses
(800)248-4344
A 24-hour recorded message describes symptoms of depression and gives an address for more information and physician referral.

MINORITY HEALTH

Office of Minority Health Resource Center
(800)444-6472
Responds to consumer and professional inquiries on minority health related topics by distributing materials, providing referrals to appropriate sources, and identifying sources of technical assistance. Spanish-speaking staff available. 9 a.m. - 5 p.m.

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society
(800)624-8236
Provides a 24-hour recording for callers to request information and leave name and address. To speak to a staff member, call (800)227-3166.
11 a.m. - 6 p.m.

ORGAN DONATION

See also RETINITIS PIGMENTOSA and UROLOGICAL DISORDERS

The Living Bank
(800)528-2971
(713)528-2971 in TX
Operates a registry and referral service for people wanting to commit their tissues, bones, or vital organs to transplantation or research. Informs the public about organ donation and transplantation. Operates 24 hours.

Organ Donor Hotline
(800)24-DONOR
Offers information and referrals for organ donation and transplantation. Answers requests for organ donor cards. Operates 24 hours.

PARALYSIS AND SPINAL CORD INJURY

See also HANDICAPPING CONDITIONS

American Paralysis Association
(800)225-0292
(201)379-2690 in NJ
Answers questions about research on head and spinal injuries. Raises money to fund research to find a cure for paralysis caused by spinal and head injuries or stroke. 9 a.m. - 5 p.m.

APA Spinal Cord Injury Hotline
(800)526-3456
Offers literature on spinal cord injuries and makes referrals to organizations and support groups. Sponsored by the American Paralysis Association. 9 a.m. - 4:30 p.m.

National Spinal Cord Injury Association
(800)962-9629
(617)935-2722 in MA
Provides peer counseling to those suffering from spinal cord injuries and makes referrals to local chapters and other organizations. Produces the National Resource Directory that deals with topics helpful to handicapped individuals. 9 a.m. - 5 p.m.

PARKINSON'S DISEASE

National Parkinson Foundation
(800)327-4545
(800)433-7022 in FL
(305)547-6666 in Miami
Answers questions about the disease; staffed by nurses. Also makes physician referrals and provides written materials.
8 a.m. - 5 p.m.

Parkinson's Education Program
(800)344-7872
(714)640-0218 in CA
Provides materials such as newsletters, a glossary of definitions, a videotape, and publications catalogs. Offers patient-support group information and physician referrals. Operates 24 hours.

PLASTIC SURGERY

American Society of Plastic and Reconstructive Surgeons
(800)635-0635
Provides referrals to board-certified plastic surgeons nationwide and from Canada. Offers pamphlets describing procedures and realistic results of some operations. 8:30 a.m. - 4:30 p.m. (central time) or leave recorded message 24 hours.

PREGNANCY

ASPO/Lamaze (American Society for Psychoprophylaxis in Obstetrics)
(800)368-4404
(703)524-7802 in VA
Offers a list of local certified childbirth educators for those interested in this type of birth method. Virginia number gives information on local Lamaze

classes and on becoming a certified Lamaze educator. 9 a.m. - 5 p.m.

Birth Control Information Line
(800)468-3637
Distributes brochures on birth control and how parents can broach the subject with their teens. A service of the American College of Obstetricians and Gynecologists. Operates 24 hours.

National Pregnancy Hotline
(800)852-5683
(800)831-5881 in CA
(213)380-8750 in Los Angeles
Provides counseling and referrals to pregnant women. Operates 24 hours.

Pregnancy Counseling Services
(800)368-3336
(804)847-6828 in VA
Provides a residential program for unwed mothers as well as shepherding homes for those over 18. Run by Family Life Services, the center is also an adoption agency. Operates 24 hours.

RARE DISORDERS

American Leprosy Missions (Hansen's Disease)
(800)543-3131
(201)794-8650 in NJ
Answers questions and distributes materials on the disease. 8:30 a.m. - 5 p.m.

Cooley's Anemia Foundation
(800)221-3571
(212)598-0911 in NY
Provides information on patient care, research, fundraising, patient-support groups, and research grants. Makes referrals to local chapters. 9 a.m. - 5 p.m.

Cornelia de Lange Syndrome Foundation
(800)223-8355
(203)693-0159 in CT
Provides a variety of materials for families, friends, and professionals about this syndrome. 9 a.m. - 5 p.m. or leave recorded message 24 hours.

Histiocytosis Association of America
(800)548-2758
(609)881-4911 in NJ
Offers printed material and emotional support for persons with histiocytosis. 9 a.m. - 5 p.m.

National Information Center for Orphan Drugs and Rare Diseases
(800)456-3505
Disseminates information to patients, health professionals, and the public. 9 a.m. - 5 p.m.

National Lymphedema Network
(800)541-3259
Provides information on lymphedema and other venous disorders. Gives referrals to treatment centers. 8 a.m. - 6 p.m. (Pacific time).

National Neurofibromatosis Foundation
(800)323-7938
(212)460-8980 in NY
Responds to inquiries from health professionals and patients and families. Makes referrals to physicians on clinical advisory board. 9 a.m. - 5 p.m.

National Organization for Rare Disorders
(800)999-6673
(203)746-6518 in CT
Provides information on symptoms, standard and investigative therapies, statistics, and voluntary agencies for all rare disorders. Offers information on networking programs and provides referrals to organizations for specific disorders. 9 a.m. - 5 p.m.

National Tuberous Sclerosis Association
(800)225-6872
(301)459-9888 in MD
Answers questions about the disease and makes parent-to-parent contact referrals. Literature is provided to families and professionals. 8:30 a.m. - 5:30 p.m.

Tourette Syndrome Association
(800)237-0717
(718)224-2999 in NY
Provides a 24-hour recording for callers to request information and leave name and address. To speak with a staff member, call the local number between 9 a.m. - 5 p.m.

United Scleroderma Foundation
(800)722-HOPE
(408)728-2202 in CA
Provides lists of publications, chapters throughout the United States, and general information. 8 a.m. - 5 p.m. (Pacific time).

RETINITIS PIGMENTOSA

National Retinitis Pigmentosa Foundation
(800)638-2300
(301)225-9400 in MD
Responds to questions and makes available an information packet on the disease. Covers genetics, current research, and retina donor programs. 8:30 a.m. - 5 p.m.

REYE'S SYNDROME

National Reye's Syndrome Foundation
(800)233-7393
(800)231-7393 in OH
Provides general information and referrals to families for peer counseling. 8:30 a.m. - 5:00 p.m. (central time).

SAFETY
See also CHEMICAL PRODUCTS

Consumer Product Safety Commission
(800)638-CPSC
(800)638-8270 TDD
(800)492-8104 TDD in MD
Provides 24-hour recording on consumer product safety, including product hazards and product defects and injuries sustained in using products. Covers only products used in and around the home, excluding automobiles, foods, drugs, cosmetics, boats, and firearms.

National Child Safety Council
See CHILDREN

National Highway Traffic Safety Administration Auto Safety Hotline
(800)424-9393
(202)366-0123 in DC
Provides information and referral on the effectiveness of occupant protection, such as safety belt use and child safety seats, and auto recalls. Staffed by experts who investigate consumer complaints and provide assistance to resolve problems. Gives referrals to other government agencies for consumer questions on warranties, service, and auto safety regulations. 8 a.m. - 5 p.m.

National Safety Council
(800)621-7619 for placing orders
(312)527-4800 in IL
Provides posters, brochures, videocassettes, and booklets on safety and accident prevention. 8:30 a.m. - 4:45 p.m. (central time).

SICKLE CELL DISEASE

National Association for Sickle Cell Disease
(800)421-8453
(213)936-7205 in CA
Offers genetic counseling and an information packet. 8:30 a.m. - 5:30 p.m. (Pacific time).

SPINA BIFIDA

Spina Bifida Information and Referral
(800)621-3141
(301)770-7222 in MD
Provides information to consumers and health professionals and referrals to local chapters. A service of the Spina Bifida Association of America. 9 a.m. - 5 p.m.

SURGERY

American Society for Dermatologic Surgery, Inc.
(800)441-2737
Provides information about certain disorders and procedures as well as referrals to dermatologic surgeons in local areas. 8:30 a.m. - 5 p.m. (central time).

Second Surgical Opinion Hotline
(800)638-6833
(800)492-6603 in MD
Helps consumers locate a specialist near them for a second opinion in nonemergency surgery. A service of the Health Care Financing Administration, U.S. Department of Health and Human Services. 8 a.m. - midnight, 7 days a week.

TRAUMA

American Trauma Society (ATS)
(800)556-7890
(301)925-8811 in MD
Offers information to health professionals and the public on ATS

BEST COPY AVAILABLE

activities. Answers questions about trauma and medical emergencies. 9 a.m. - 5 p.m.

UROLOGICAL DISORDERS

American Kidney Fund
(800)638-8299
(800)492-8361 in MD
Grants financial assistance to kidney patients who are unable to pay treatment-related costs. Also provides information on organ donations and kidney-related diseases. 8 a.m. - 5 p.m.

Peyronie's Society of America, Inc.
(800)727-7397
(316)283-2456 in KS
Gives information on Peyronie's disease and provides referrals for treatment and support groups. 9 a.m. - 5 p.m. or leave recorded message 24 hours.

Simon Foundation
(800)23-SIMON
Provides a 24-hour recorded message on incontinence and ordering information for a quarterly newsletter and other publications.

VENEREAL DISEASES

VD Hotline
(Operation Venus)
(800)227-8922
Provides information on sexually transmitted diseases and confidential referrals for diagnosis and treatment. A service of the American Social Health Association and the United Way. 8 a.m. - 8 p.m. (Pacific time).

VISION

American Council of the Blind
(800)424-8666
(202)393-3666 in DC
Offers information on blindness. Provides referrals to clinics, rehabilitation organizations, research centers, and local chapters. Also publishes resource lists. 9 a.m. - 5:30 p.m.

American Foundation for the Blind (AFB)
(800)232-5463
(212)620-2147 in NY
Gives information on visual impairments and blindness and on AFB services, products and publications. 8:30 a.m. - 4:30 p.m.

National Center for Sight
(800)221-3004
Provides information on a broad range of eye health and safety topics. Sponsored by the National Society to Prevent Blindness. 9 a.m. - 4 p.m. (central time).

WOMEN

Endometriosis Association
(800)992-ENDO
(414)962-8972 in WI
Provides a 24-hour recording for callers to request information and leave name and address.

PMS Access
(800)222-4767
(608)833-4767 in WI
Provides information, literature, and counseling on premenstrual syndrome (PMS). Gives referrals to physicians and clinics in the caller's area. A service of Madison Pharmacy Associates, Inc. 9 a.m. - 5 p.m. (central time).

Women's Sports Foundation
(800)227-3988
Provides information on women's sports, physical fitness, and sports medicine. 9 a.m. - 5 p.m.

EXERCISE ACTIVITY CHART

RATINGS OF SPORTS

SPORT	TYPE	CARDIO-VASCULAR	CALORIC EXPENDITURE	LEGS	ABDOMEN	ARMS/ SHOULDER	AGE RANGE RECOMMENDED
Archery	Anaerobic	L	L	L	L	L	Ages 10 and up
Backpacking	50% Aerobic	M-H	H	H	M	L	All ages
Badminton	Anaerobic	L-M	H	H	L	M	Ages 7 and up
Baseball/Softball	Anaerobic	L	L	M	L	L	All ages
Basketball	15% Aerobic	M	H	H	L	L	Ages 7 to 40
Bicycling (competitive)	Aerobic	H	H	H	L	M	All ages
Bowling	Anaerobic	L	L	L	L	L	All ages
Dance (aerobic)	Aerobic	M-H	M-H	M	M	M	All ages
Canoeing/Rowing							
Recreational	Anaerobic	L	M	L	L	M	Ages 12 and up
Competitive	Aerobic	H	H	M	M	H	Ages 12 to 40
Fencing	Anaerobic	L-M	M	M	L	M	Ages 12 and up
Field Hockey	20% Aerobic	M	M-H	H	L	M	Ages 7 and up
Golf (motor cart)	Anaerobic	L	L	L	L	L	All ages
Walking	Anaerobic	L	M	M	L	L	All ages
Handball/Racquetball/ Squash	Anaerobic	M	H	H	L	H	Under 45 (singles)
Hiking	Anaerobic	L-M	M	H	L	L	All ages
Hunting	Anaerobic	L-M	M	M	L	L	All ages
Ice/Roller Skating							
Speed	Anaerobic	L-M	M	H	L	L	Under 45
Figure	Anaerobic	L-M	H	H	M	M	All ages
Lacrosse	20% Aerobic	M-H	H	H	M	M	Under 45
Orienteering	50% Aerobic	M-H	H	H	M	L	All ages
Rugby	60% Aerobic	H	H	H	L	H	Under 40
Skiing (cross-country)	Aerobic	H	H	H	H	H	Under 45
Skin and Scuba Diving	Anaerobic	M	M	M	M	L	All ages
Soccer	50% Aerobic	H	H	H	L	H	Under 45
Surfing	Anaerobic	L	M	H	M	L	Ages 7 and up
Tennis	Anaerobic	L-M	M	H	L	L	All ages
Touch Football	Anaerobic	L	L-M	H	L	L	Under 45
Volleyball	Anaerobic	L	L	M-H	L	M	All ages
Water Skiing	Anaerobic	L-M	M	H	L	M	All ages
Weight Training	Anaerobic	L	L	H	H	H	All ages
Wrestling	30% Aerobic	M	H	H	H	H	Under 45
Jogging	Aerobic	M-H	H	H	L	L	Ages 7 and up
Swimming	Aerobic	M	H	M	L	H	Ages 7 and up
Walking	Aerobic	L-M	M	H	L	L	All ages

Note: H = high; M = medium; L = low.

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CALORIE CHART AND GUIDE TO NUTRITIVE VALUE

This guide is designed to relate the nutritive value of food to individual nutritional needs and to compare the nutritive value of commonly eaten foods. The standard used for these comparisons is the U.S. Recommended Daily Allowance (U.S. RDA).

UNDERSTANDING THE U.S. RECOMMENDED DAILY ALLOWANCE (U.S. RDA)

The U.S. RDA is the standard used in nutrition labeling. It is based on the Recommended Dietary Allowances (RDAs) set by the National Research Council. The RDAs are judged by the council to be adequate for nearly all healthy persons and generous for most.

U.S. RDA

Protein	65 grams*	**Riboflavin**	1.7 milligrams
Vitamin A	5000 International Units	**Calcium**	1 gram
Vitamin C	60 milligrams	**Iron**	18 milligrams
Thiamine	1.5 milligrams		

The U.S. RDA for these nutrients is the highest RDA for all sex and age categories. For many individuals, the U.S. RDAs are higher than recommended by the National Research Council for their sex and age.

*Sixty-five grams is the U.S. RDA for a mixed diet of animal and plant proteins. 45 grams is the U.S. RDA for a diet of mainly animal proteins: meat, fish, poultry, eggs, and milk.

PERCENTAGE U.S. RDA OF SOME COMMON FOODS[1]
(BOLDFACE INDICATES SIGNIFICANT SOURCES OF NUTRIENTS)

Food	Amount or Description	Metric Weight (grams)	Calories	Percentage U.S. RDA						
				Protein	Vitamin A	Vitamin C	Thiamine	Riboflavin	Calcium	Iron
Milk and milk products										
Milk, whole; yogurt	1 cup	240	160	**20**	**6**	2	**6**	**25**	**30**	—
Skim, unfortified; buttermilk	1 cup	240	90	**20**	—	2	**6**	**25**	**30**	—
Modified skim (99% fat free), fortified	1 cup	240	120	**25**	**10**	2	**6**	**25**	**30**	—
Evaporated, undiluted	½ cup	120	160	**20**	**8**	2	**4**	**25**	**30**	—
Nonfat dry solids, fortified	3 tbsp; 1 cup reconstituted	23; 240	90	**20**	**10**	2	**6**	**25**	**30**	—
Milkshake, chocolate	10 ounces (1 cup whole milk)	345	400	**25**	**15**	2	**6**	**35**	**40**	4
Cheeses: cheddar, American, Swiss, processed	1 ounce (1 ¼" cube)	30	115	**15**	**6**	—	2	**8**	**20**	—
Cheese, cottage creamed	½ cup	115	120	**30**	4	—	2	**15**	**10**	—
Ice cream (10% fat)	½ cup	115	130	6	6	—	2	**8**	**10**	—
Milk pudding, vanilla	½ cup	130	140	**10**	4	—	2	**12**	**15**	—
Cream, half-half	¼ cup	60	80	4	6	—	—	6	6	—
Vegetables[2]										
Important sources of Vitamins A and/or C										
Broccoli	½ cup cooked	75	20	4	**40**	**120**	6	**10**	**8**	4
Brussels sprouts; green pepper	½ cup cooked; 1 medium pepper	75; 90	25	4	**10**	**110**	4	4	2	6
Cabbage; cauliflower	½ cup raw; ½ cup cooked	90	15	2	2	**50**	2	2	4	2
Carrots	½ cup cooked or raw	80	30	2	**150**	**10**	4	2	2	2
Greens:[3] beet; chard; collards; kale; mustard; spinach; turnip	½ cup cooked	100	20	2	**100**	**50**	6	**10**	**10**	8
Plantain, green or ripe	½ cup cooked	100	140	2	**25**	**10**	4	2	—	2
Squash, winter; pumpkin, calabaza	½ cup cooked	100	60	2	**90**	**20**	4	6	2	4
Sweet potato; yam, yellow	½ cup cooked	100	120	2	**120**	**20**	4	2	2	4
Tomatoes, raw, canned, juice	1 small; ½ cup	100	20	2	**15**	**35**	4	2	—	4
Other Vegetables										
Asparagus	½ cup cut pieces	80	15	2	**15**	**30**	8	8	2	4
Beans, lima	½ cup cooked	80	95	**10**	4	**20**	**10**	4	4	10

Food	Amount or Description	Metric Weight (grams)	Calories	Percentage U.S. RDA						
				Protein	Vitamin A	Vitamin C	Thiamine	Riboflavin	Calcium	Iron
Beans, snap	½ cup cooked	60	15	2	8	15	4	4	4	4
Beets; onions	½ cup cooked	80	30	2	—	8	2	2	—	2
Celery; cucumber; radishes	½ cup sliced	50	10	—	—	8	—	—	—	—
Corn	½ cup cooked; 1 5-inch ear	80;140	85	4	6	8	2	4	—	4
Lettuce, crisp head; loose leaf	1 cup shredded	55	8	—	8	8	2	4	—	4
Peas, green	½ cup cooked	80	65	8	**10**	**25**	**15**	6	2	8
Turnips; rutabaga	½ cup cooked	80	20	2	6	**25**	2	2	2	2
Mushrooms	½ cup cooked	120	20	4	—	2	—	15	—	2
Potatoes, white	One; 4 per lb	100	85	2	—	**25**	6	2	—	4
Potatoes, white mashed	½ cup, milk and butter added	100	90	4	—	**20**	6	4	2	2
Squash, summer; zucchini; crookneck	½ cup cooked	100	15	2	8	**15**	4	4	2	2
Viandas[4]	½ cup cooked	100	90-130	2	4	4	4	2	—	4
Fruits[2]										
Important sources of Vitamins A and/or C										
Apricots, canned in syrup	½ cup	130	110	—	**35**	6	—	2	—	2
Cantaloupe	¼ (5 inch diameter)	230	40	—	**90**	**70**	2	2	—	2
Grapefruit, white (edible portion); juice	½ (4 inch diameter); ½ cup	120	50	—	—	**70**	4	2	2	2
Mangos, raw	½ cup sliced	80	55	—	**80**	**45**	2	2	—	2
Orange (edible portion); juice	1 (2 ½ inch diameter); ½ cup	120	65	—	4	**100**	6	2	4	2
Peaches, raw	One; 4 per lb	100	40	—	**25**	**15**	2	4	—	2
Strawberries, raw; frozen, sweetened	1 cup	150; 250	60; 250	—	2	**150**	2	6	4	8
Watermelon	1 cup diced	160	40	2	**20**	**20**	4	2	2	4
Other Fruits										
Apples; applesauce, sweetened	One; 3 per lb; 1 cup	150; 240	85; 200	—	2	**10**	2	2	—	4
Bananas	1 medium; 1 cup sliced	175	100	2	4	**20**	4	4	—	4
Blueberries; raspberries	½ cup unsweetened	65	40	—	—	**25**	—	2	—	2
Canned fruit in syrup: cocktail; pears	½ cup	120	80	—	2	2	—	—	—	2
Grapes	½ cup	75	60	—	—	6	2	—	—	2
Pears	One; 2 ½ per lb	180	100	—	—	**10**	2	4	—	2
Pineapple, raw	½ cup diced	75	40	—	—	**20**	4	—	—	2
Prunes, dried; juice	5 medium; ½ cup	30; 120	80; 120	—	**10**	2	2	2	2	10
Raisins, seedless	⅓ cup; 1 ½ oz package	45	120	2	—	—	2	2	2	8
Meat, fish, poultry, eggs, legumes										
Beef; veal; lamb	3 ounces cooked, lean only	90	180-225	**50**	—	—	6	**10**	—	15
Chicken, fried	1 drumstick and thigh	125	250	**50**	—	—	4	**10**	—	8
Chicken; turkey	3 ounces, no skin	90	180	**50**	—	—	4	**10**	—	8
Fish; clams[3]; shrimp	3 ounces meat, no fat/breading	90	100	**50**	—	—	4	6	8	15
haddock; perch; cod	3 ounces, no fat added	90	100	**50**	—	—	4	6	2	6
tuna, canned	3 ounces, in water; in oil	90	110; 170	**50**	—	—	4	6	2	6
Hamburger	3 ounces, cooked	90	250	**45**	—	—	4	10	—	15
Hot dogs; bologna; cold cuts	1 hot dog; 2 ounces	60	160	**15**	—	—	6	6	—	6
Liver	2 ounces, no fat added	60	135	**35**	**500**	**15**	**10**	**120**	—	25
Pork; ham	3 ounces cooked, lean only	90	300	**45**	—	—	**40**	**10**	—	15

Food	Amount or Description	Metric Weight (grams)	Calories	Percentage U.S. RDA						
				Protein	Vitamin A	Vitamin C	Thiamine	Riboflavin	Calcium	Iron
Pork sausage, cooked	1 link; 16 per lb	20	95	6	—	—	4	2	—	2
Eggs	1 large	50	80	**15**	**10**	—	4	**8**	2	6
Legumes: dried beans; peas	1 ounce dried; ½ cup cooked	30; 90	125	**15**	—	—	**10**	4	4	15
Peanut butter; nuts	2 tbsp peanut butter; ¼ cup	30	190	**15**	—	—	4	4	—	4
Cereal products, whole grain/enriched[6]										
Bread; toast; bagel	1 slice; ½ bagel	25	70	4	—	—	**6**	4	2	8
Cereals: oatmeal; wheat	1 cup cooked	240	110	4	—	—	**10**	4	—	6
ready-to-eat	1 ounce	30	100	*refer to label on package*						
Corn grits; corn meal	1 cup cooked	240	125	4	2	—	**8**	4	—	6
Hamburger roll	1 medium	40	120	6	—	—	**10**	6	2	10
Spaghetti; macaroni; noodles; rice	1 cup cooked	150-200	200	8	—	—	**15**	6	2	8

[1]References: *Composition of Foods*, Agriculture Handbook No. 8, USDA, 1963; *Nutritive Value of American Foods in Common Units*, Agriculture Handbook No. 456, USDA, 1975; *Food Values of Portions Commonly Used*, Bowes and Church, Lippincott, 1970; *Tabla de Composición de alimentos de use corrente en Puerto Rico*, Reguero and Santiago, University of Puerto Rico, 1974; California Prune Advisory Board, 1973.

[2]Highest vitamin A content is found in darker yellow-orange and green vegetables and fruits.

[3]Some calcium in spinach, swiss chard, or beet greens may combine with a plant acid and may not be absorbed.

[4]Yautia (white tanier), name (white yam), malanga (taro, dasheen), yuca (cassava). Yuca has somewhat more vitamin C than listed.

[5]Clams provide 30 percent iron.

[6]Values for thiamine, riboflavin, and iron are based on enrichment levels specified by FDA, October 1973.

Note: Some figures represent judgments made to help the user identify the most dependable sources of individual nutrients.

CALORIE COUNTER

These beverages and foods contain little other than calories. Their nutrient value is minimal.

	AMOUNT	CALORIES
Beverages:		
alcoholic		
brandy or cordial	1 small glass	70
wine, table, average	3½ ounces	85
wine, dessert, average	3½ ounces	140
ale or beer, average	8 ounces	100
gin, rum, vodka, or whiskey	1½ ounces	100-125
cocktails, average	1	145
highballs, average	1	190
carbonated, "diet," average	6 ounces	1
carbonated, regular, average	6 ounces	80
cider, fermented	6 ounces	70
cider, sweet	6 ounces	95
coffee or tea, black	1 cup	0
coffee or tea with 1 tsp. sugar	1 cup	15
coffee or tea with 1 T. coffee cream	1 cup	30
cranberry juice cocktail	½ cup	80
lemonade, frozen, sweetened, diluted	1 cup	110
Snacks:		
candy		
marshmallows	1 ounce	90
hard candy	1 ounce	110
caramels	1 ounce	115
fudge, plain	1 ounce	115
vanilla creams	1 small	130
chocolate, milk, plain or with nuts	1 ounce	170
carrot sticks, raw	3 large sticks	15
crackers, cheese, tidbits	15 small	10
crackers, graham, plain	4 small	55
crackers, saltines	2-2" squares	30
crackers, soda	2-2" squares	60
olives, green or ripe	2 large	15
peanuts or almonds	½ cup	420
pepper strips, green	¼ pepper	5
pickles, dill	1 large	15
pickles, sweet	1 medium	30
pretzels, small sticks	5	20
popcorn, popped, without butter	1 cup	60
popcorn, popped, with butter	1 cup	165
potato chips	10 chips	115
potato chips with sour cream dip	5 chips	200
pizza, cheese	⅛ of 14" pie	185
walnuts, halves	½ cup	325

CALORIE COUNTER (continued)

	AMOUNT	CALORIES
Desserts:		
apple brown betty, average	1 serving	225
apple betty, with lemon sauce	1 serving	390
brownie	2" x 2"	140
bun, cinnamon, plain, average	1	160
Danish pastry, average	1 small	140
cake, angelfood or sponge	2" sector	115
cake, butter, plain	2" x 3" piece	200
cake, butter, with icing	2" x 3"	370
cookie, vanilla wafer	1	15
cookie, cream-filled, average	1	70
cookie, plain, assorted, 3" diameter	1	90
cream puff, custard filling	1	245
cupcake, with icing	1 medium	185
custard, baked	½ cup	200
doughnut, cake-type, plain	1	135
doughnut, iced	1	150
doughnut, jelly filled	1	225
fruitcake, average	2" x 2" x ½"	115
gelatin, flavored	½ cup	70
gelatin, with fruit	½ cup	80
gelatin, with fruit and 1 T. whipped cream	½ cup	135
gingerbread	2" x 2" piece	200
pie, custard, 1 crust	⅛ of 9" pie	245
pie, lemon meringue	⅛ of 9" pie	265
pie, fruit, 2 crust	⅛ of 9" pie	305
pie, mince	⅛ of 9" pie	320
pudding, bread or rice	¼ cup	260
shortcake, strawberry, with whipped cream	1 serving (½ cup berries)	380
Sauces:		
mustard	1 tablespoon	10
tomato catsup or chili sauce	1 tablespoon	15
cheese sauce	¼ cup	130
hollandaise sauce	¼ cup	180
tartar sauce	2 tablespoons	200
tomato sauce	¼ cup	80

COMMON INJURIES AND THEIR TREATMENT

Injury	Emergency Home Treatment	Need for a Physician
Abrasion (with skin or layers scraped off)	Clean thoroughly with soap and warm water or hydrogen peroxide. Use bandage if wound oozes blood. Remove loose skin flaps with nail scissors if they are dirty; allow to remain if clean.	If all dirt and foreign matter cannot be removed If signs of infection occur
Animal bite	Catch the animal and arrange to have it observed for 15 days to be certain it does not develop rabies. Treat as a puncture wound.	If a wild animal is involved If the animal's immunizations are not current If the observed animal develops rabies If the wound needs a physician's care
Ankle or knee sprain	Stop activity, apply ice pack immediately. Continue ice 3 times daily for 48 hours before switching to heat. Use crutches for 2 to 3 days if pain is severe when walking. Recovery should take this course: swelling and pain for 24-72 hours, decreasing symptoms for 6-10 days, full return to normal in 6-8 weeks.	If swelling and severe pain continue for more than 3 days If pain prevents any weight bearing If there is knee injury other than contusion If there is ligament or tendon damage
Broken bone	Look for evidence of a broken bone. Apply ice packs. Protect and rest the injured part for 72 hours. No additional damage is likely to occur if proper rest and protection are provided. Immobilize, call rescue squad, and transport to emergency room.	If the limb is cold, blue, or numb If the pelvis or thigh is involved If the limb is crooked, unusable If there is considerable bleeding and bruising If shock symptoms are present If pain lasts more than 72 hours
Burn	Diagnose the depth of the burn; first degree—superficial; second degree—deeper burns resulting in splitting of layers or blistering from scalding, sunburn, etc.; and third degree—destruction of all layers with damage to the deeper tissues. Apply cold compress for 5-10 minutes to reduce skin damage and pain; avoid rupturing blisters. Aspirin may be used for pain.	For all third-degree burns For second-degree burns involving an area greater than 25-35 sq. in. If pain continues for more than 2 days
Dental injury	Chipped tooth—avoid hot and cold drinks; swelling of face due to abscessed tooth—apply ice pack; excessive bleeding of tooth socket after extraction—place gauze over socket and bite down, maintaining pressure; toothache—aspirin and ice packs may be used.	If victim has a chipped tooth, an abscessed tooth, excessive bleeding of socket, or a toothache
Fainting and dizziness	Lack of blood flow to the brain commonly occurs with increasing age and may result in a temporary loss of vision or lightheadedness. Avoid sudden changes in posture, reduce anxiety level.	If loss of consciousness occurs If room appears to be spinning If dizziness occurs frequently
Frostbite	Thaw rapidly in a warm water bath. Avoid rubbing frostbite with snow. Water should be comfortable to a normal, unfrozen hand (not over 104° F). When a flush reaches the fingers, remove the frostbitten part from the water immediately. For an ear or nose, use cloths soaked in warm water.	Always see a doctor
Head injury	Apply ice bag to bruised area. Observe patient every 2 hours for the next 72 hours for alertness (unresponsiveness, deep sleep), unequal pupil size (one fourth of population have unequal size all the time), and severe vomiting. Pressure inside skull may develop over a 72-hour period.	If there is bleeding from ears, eyes, or mouth If the victim has black eyes If there is unconsciousness, unequal pupil size, lethargy, or severe vomiting
Infected wound (blood poisoning)	Bacterial infection in the blood stream, or septicemia. Keep area clean, changing the bandage twice daily. Soak and clean in warm water several times daily. Have patience—up to 10-12 days may be needed for normal healing.	If there is fever above 99.6° F If there is thick pus, swelling since the second day

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Injury	Emergency Home Treatment	Need for a Physician
Insect bite/sting	Apply cold compress, use aspirin or other pain relievers. Identify the insect—black widow spiders have a glossy black body about one-half inch in diameter, red "hour glass" on abdomen. Bite produces sharp pain at the site; cramps appear within an hour and may involve the extremities and trunk. Breathing becomes difficult; nausea, vomiting, twitching, tingling sensations of the hand may occur.	If there is evidence of wheezing, difficulty in breathing, fainting or hives or skin rash For bite from a black widow spider For severe local reaction
Minor cut	Clean the wound vigorously with soap and water or hydrogen peroxide, removing all dirt and foreign matter. Use a butterfly bandaid or steri-strip to bring the edges of the wound tightly together without trapping the fat or rolling the skin under. Avoid antiseptics: they may destroy tissue and retard healing and do not kill and wash away bacteria as effectively as soap and water.	For cuts on trunk or face, or deep cuts that may involve tendons, ligaments, blood vessels, or nerves For blood pumping from a wound For tingling or limb weakness If signs of infection exist For cuts that cannot be pulled together without trapping the fat
Nosebleed	Squeeze the nose between the thumb and forefinger just below the hard portion for 5-10 minutes while seated with the head back. Do not lie down. Apply cold compresses to the bridge of the nose and avoid blowing.	If it occurs frequently and is associated with a cold If victim has a history of high blood pressure
Object in eye	Avoid rubbing—you could scratch the cornea. Close both eyes for several minutes to allow tears to wash out the foreign body. Grasp the lashes of the upper lid and draw out and down over the lower lid. If it feels like the foreign object is present but it is not, cornea scrape probably occurred and will heal in 24-48 hours. Using medicine dropper, flush eye with plain water. If speck is visible, touch lightly with moistened corner of handkerchief. If chemical was splashed in eye, dilute immediately by placing face under lukewarm shower with thick spray.	If the foreign object is on the eye itself If it remains after washing If the object could have penetrated the globe of the eye If blood is visible in eye If vision is impaired If pain is present after 48 hours
Poison ivy and oak	After initial exposure, 12-48 hours may pass before a rash appears. If plant oil is removed from the skin with vigorous washing (2-3 times) a rash may be prevented. Apply cool compresses of Burrow's Solution. Cleanse the skin thoroughly. A hot bath will release histamine and cause intense itching; however, the cells of histamine will eventually be depleted and 6-8 hours of relief will follow.	If rash occurs without itching, redness, or exposure to oak or ivy
Puncture wound	Let wound bleed as much as possible. Clean thoroughly with soap and water or hydrogen peroxide diluted to 3 percent. Soak the wound at least twice daily in warm water for 3-4 days to keep the skin puncture open and allow germs and foreign matter to drain.	If the wound is in the head, abdomen, or chest; danger of internal damage If the object is still inside the wound If the wound is deep, cannot be cleaned thoroughly, or a tetanus shot is needed
Sunburn	Apply cool compress using Aveeno or one-half cup baking soda in a tub of water. Avoid Vaseline and other lubricants the first day.	If there are abdominal cramps, dizziness, or second-degree burns

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1994

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July

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November

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ISBN# 0-88314-501-4

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